







THE
AMERICAN MATRON;
OR,
PRACTICAL AND SCIENTIFIC COOKERY.

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BY A
HOUSEKEEPER.
1871

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“Haud inexperta loquor.”
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P R E F A C E.

THE condition of society in America is peculiar, and very distinct from that of the Old World. From the character of our institutions, we have, and can have, few families in very opulent circumstances, and few also in poverty. To our whole people, rich and poor together, the world is open, with all its pleasures, its hopes, and its prizes. The general high standard of education and information enables us all to know and to sympathize with all the fashions, tastes, and luxuries of the wealthiest and most cultivated circles. The general spirit of enterprise, the eager ambition, and the habit of self-respect and confidence, lead our people to pretend to and to seek all that is desirable in comfort, delightful in taste, showy in fashion, or in any way agreeable to ourselves or producing an effect upon others. Hence our social ambition over-taxes our abilities, and our absolute social necessities require, in most cases, an economy careful and judicious, to enable us to satisfy our wants and wishes. An American

home is the abode of an intelligence, cultivation, and general appreciation of the good and the beautiful, as strong and as expanded as in far wealthier European families. Every influence about us is exciting and stimulative in the highest degree to all, while our social equality subdivides the wealth and capacity of expenditure among infinitely larger numbers, greatly reducing the share of each individual, even of the wealthy and independent classes.

It may be said of the great majority of American families that they feel the want and desire of every thing, and are compelled to earn, for themselves, the fulfilment of their desires and the supply of their wants. This would be a hard lot, were it not that, from the selfsame social peculiarities, intelligence, activity, economy, and sagacity are always sufficient unto themselves, and that means well chosen and wisely employed seldom fail to insure all reasonably anticipated ends.

An American home is the theatre of the highest hopes and the proudest pretensions. Legislators, chieftains, judges, presidents, are born even in the humbler ones among them. The most cultivated tastes, the best trained intellects, are cradled and educated there, often amid moderate resources, not unfrequently with stinted and inadequate means, seldom in the abundance of superfluous wealth.

How worthy a task for American wives and mothers to adapt their households, practically, to those political and social institutions which are intended to afford competence

and comfort to all, and overgrown wealth to none ! Frugality and order must be the corner-stones of our republican edifice. The extravagant follies and unmeasured expenditure of European aristocracies are impossible and incompatible here. Let woman, then, bring her house into a wise harmony with the means at her command. The matters contained in the sphere of her oversight may be trifles in themselves, but, in their sum, go far to constitute human life. A well-ordered and economic household, a neat and cheerful home, well-prepared and acceptable fare, will be the happiness of the lives of husbands and children, the sources of genial comfort and kindly content, great moral as well as physical blessings. The harmonious results of well-directed industry and wisely-managed means will spread around an atmosphere of healthy and enduring affection and joy, and lay in order, system, and skilful adaptation the foundations of progressive well being, of active and rational hopes and aspirations. At the bottom of good housewifery is the all-important art of good cooking — a matter of joint science and experiment. In this little book an attempt is made to effect a twofold purpose. First, to furnish a collection of the very best receipts that practical skill has suggested for all varieties of food. In this particular, great care has been taken to introduce nothing but what is *known* to be valuable, and to leave out nothing worthy of a place. We have also endeavored to supply the scientific knowledge necessary for the full understanding and skilful use of the

practical instructions. Our wish is, to give the reason, as well as the fact, and to enlighten practice by the illustration of the theoretic process. We seek to give the *how* and the *why*, as well as the bare fact itself. This is not only, in many cases, highly interesting and curious, but necessary to the intelligent use of means and a skilful employment of circumstances. The housekeeper, to whose care the comfort and health of a family are committed, should not be a blind and blundering agent, acting mechanically and in utter ignorance of the rationale of her own movements. An apparently slight and abstruse circumstance of material or of procedure sometimes makes the difference between a luxury and a poison, between economy and waste, between ease and comfort, and vexation, failure, and loss. Good cookery is of inestimable importance to our comfort, happiness, and health; and, indirectly, even to our intellectual and moral being. It should not be managed by quackery, but by intelligent and well-informed superintendence. We have endeavored to state, in the simplest and briefest manner, these scientific principles, and to bring together, from the scattered and technical developments of scientific research, the truths necessary to explain and direct the operations we suggest. Some general sanitary rules and facts, upon important and common topics, have been added—all from the highest and latest authorities. We hope our fair countrywomen may appreciate our labors, and that they may feel that we have added something of dignity and real

philosophy to an important branch of human occupation. The practical receipts here offered them have been selected, with great care, from a vast quantity collected from all accessible sources, both public and private. They are graduated to every requirement, from the simple fare of common life to the most elaborate luxuries of the table.

The theoretic explanations of chemical changes, either resulting from natural or culinary processes, will give to the young housekeeper a clear and unembarrassed view of the character of the materials she must employ, and the proper mode of that employment. They must facilitate and render more definite and certain the undertakings of even the most experienced, and enable the skilful to combine and regulate, to preserve and modify, to keep and to use, the matters belonging to housewifery, in a manner far more perfect, thorough, and sure. The most lucid and comprehensive positive instruction must sometimes prove deficient and unsatisfactory. It will sometimes become inapplicable from circumstances, or miscarry from want of full understanding or well-directed precaution. A knowledge of the principles, upon which the required process depends, is the only sure guard against error, and the best guaranty of perfect success.

The few sanitary facts given must be valuable to every mother. By a due regard to such truths, she may save her children many a pain and ache, and add to their constitutional strength and vigor, to a degree that will be a blessing

to their entire existence. A little preventive caution may often avert serious sickness, and the constant operation of daily influences, of good or evil tendency, make eventually all the difference between health and disease, comfort and misery.

SALEM, July 7, 1851.

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THE AMERICAN MATRON.

WATER.

WATER serves several important purposes in the animal economy. Water constitutes an essential part of the blood and of the living tissues, and assists in several ways in carrying on the vital processes. In some diseases an almost unlimited use of liquids is allowed, under various names and shapes. They quench thirst, besides assisting the system to throw off inflammation and fever. In other maladies, some restriction is necessary in regard to the quantity of fluids taken. Attention to the *quality*, as well as to the quantity, of the water employed as a drink, is very important. Considered with regard to quality, the waters furnished us by nature are conveniently divisible into three classes, viz.: 1st. *Common waters*, or those employed as drinks, or for dressing food, and for other domestic purposes. 2d. *Sea water*, or the water of the ocean. 3d. *Mineral waters*, or those waters which belong to neither of the above classes, and which possess some peculiar properties derived from the presence of one or more mineral substances.

Distilled water can be obtained from either of these waters, though usually from the first.

COMMON WATERS. Under this head are included waters known as *rain, spring, river, well or pump, lake, and marsh* waters.

Rain water is the purest of all natural waters. Its purity, however, is subject to some variation. When collected in large towns or cities, it is less pure than when obtained in the country. The first water which falls in a shower brings down with it all the impure matters suspended in the atmosphere; but after a while, it falls nearly pure. Whenever rain water is collected near large towns, it should be boiled and strained before using. As it contains less saline admixture than other kinds of natural waters, it is more apt to take up lead from roofs, cisterns, gutters, and water pipes. Though the purest waters are the most wholesome, yet very pure water is possessed of one very dangerous quality—that of rapidly corroding this substance. Lead is sometimes decomposed by water, in consequence of galvanic action—in cases where lead and iron are in contact, as often happens in the employment of iron bars to strengthen and support leaden cisterns, and in the introduction of iron pumps into leaden cisterns. The salts contained in the waters exert considerable solvent power over the lead, but in different degrees. Lead is also abraded by the mechanical action of water running through pipes, and thus mixed with the fluid. Some salts, carbonates and sulphates especially, will eventually deposit upon the surface of the metal a coating sufficient to protect it from further action, thus rendering it innoxious. Such a coating may be secured by allowing water to remain at rest in the pipes for two or three months. Such is not the case, however, with all waters; and the precaution is too precarious to be confided in. All such combinations of lead with iron or zinc should be cautiously avoided. Cisterns have sometimes leaden covers, or covers lined with lead; and the water evaporating from the cistern is condensed upon the lid, upon which it exerts its usual energetic action, and drops back into the body of the cistern contaminated with the metal.

Let this be remembered in using refrigerators. Whenever any article is put into them to be preserved, if any condensation of the moisture from such article is perceived on the lid, throw it away; do not eat it, as it is contaminated with lead in the drops of water. Sickness has occurred from the neglect arising from ignorance or carelessness in this matter. Never put away *hot* articles in a refrigerator for this reason. The continued use of water containing lead produces what is called "lead or painter's colic." If the cause of the malady be not discovered and remedied, palsy usually finally succeeds colic.

Snow water is destitute of air and other gaseous matters found in rain. It has been a popular opinion, that it was injurious to health, and had a tendency to produce bronchocele or goître. This malady is not confined to the poor peasant of the Alps, but occurs in Sumatra, where ice and snow are never seen; while the disease is quite unknown in Chili and Thibet, although the rivers of these countries are chiefly supplied by the melting of snow, with which the mountains are covered. Snow does not quench thirst; on the contrary, it increases it, and, according to Captain Ross, the natives of the arctic regions prefer enduring the utmost extremity of thirst rather than attempt to remove it by eating snow. When melted, however, it is equally efficacious with other waters.

Spring water is rain water, which, having strained through the earth, reappears at the surface. During its progress, it takes up some soluble matters, which vary according to the nature of the soil. Its constituents are similar to well water.

River water is a mixture of rain and spring waters. Decomposing organic matter, in suspension or solution, is found, more or less, in all river water. Ordinarily, the quantity may be insufficient to act injuriously. Living beings, both animal and vegetable, constitute another of the impurities of river water.

Well water is, in its ordinary composition, similar to river water; but the earthy salts are found in much larger quantity. It usually decomposes and curdles soap, and is then called *hard water*, to distinguish it from river and other waters, which are readily mingled with soap, and are termed *soft waters*. It is the presence of these salts which gives well water the *hard* feeling, and their absence which makes rain water *feel soft*. The most common of these salts is sulphate of lime. By boiling, the acid is expelled, and the lime is precipitated on the sides of the vessel, constituting the *fur* of the tea-kettle and the *crust* of boilers. Hard water is a less perfect solvent than soft water: hence, in the preparation of infusions and decoctions, and for many domestic purposes, as in tea-making, it is inferior to soft water.

Purification of Common Waters. By *filtration* water is cleansed of living beings, and of all suspended impurities. Substances in solution are not got rid of by this process. *Boiling* destroys animal and vegetable life, expels air or carbonic acid, and causes the lime to be precipitated. *Distillation*, when properly conducted, is the most effectual method of purifying it. Alum is sometimes used to clear muddy water. Two or three grains are sufficient for a quart of water. But this renders the water *hard*.

SEA WATER is the water of the ocean. Taken internally, it excites thirst, readily nauseates, and, in full doses, occasions vomiting and purging. Employed as a bath, it more speedily and certainly causes the reaction and glow; and, consequently, the sea-water bath may be used for a longer period, without causing exhaustion, than the common water bath. It is a common opinion that people are less likely to take cold, after the use of salt water as a bath, than after the employment of common water. The distillation of salt water, at sea, for the use of mariners, is an old suggestion, and is, I believe, now carried into operation at a moderate expense.

MINERAL WATERS are waters which belong to neither of the preceding classes. In consequence of their peculiar chemical properties, they are not used as drinks, or for the purposes of domestic economy.

TEA.

It may seem a very simple matter to make a nice cup of tea or coffee. Simple as it would appear, I think most people will agree with me that it is seldom found in perfection.

In China, where the tea plant is indigenous, the natives drink it constantly — very strong, and usually, very hot. They never make use of the green teas, which are prepared solely for “the barbarians.” We probably derive our style of cup and saucer from the Chinese, although we have contrived to divert the saucer from its original purpose, it being employed by the natives as a *cover* to the cup; both to keep the beverage hot and to prevent the evaporation of its delicate flavor. Each cup is supported on a stand of carved wood, to prevent any disagreeable consequences arising from the heat of the vessel. Those who fancy to drown themselves, at each meal, in three or four cups of the decoction of this most fragrant herb, would feel hardly satisfied with the extremely small cup which suffices a Chinaman.

To make tea in perfection, the kettle should not be filled over night; or, if for the evening meal, immediately after dinner — “in order to be *well boiled* at the appointed hour.”

All spring water contains some air in solution; and to this is chiefly owing its sparkling taste, which it is not found to possess if it is allowed to stand any length of time, or to *boil*: therefore water, to be sparkling and bright, should be freshly drawn, heated quickly to the boiling point, immediately poured upon the dry

leaves, allowed, for a few minutes, to steep, and then served hot upon the table.

COFFEE.

This matter of boiling water should be attended to in the making of coffee.

You cannot have nice coffee unless great care is taken in *roasting*, not *burning*, the nut. Many people send their coffee to the bakers to be both roasted and ground. Doubtless, the cook is saved much trouble where this is done, and a better prepared article is obtained. If so managed, the powder should be kept in air-tight vessels, constantly well corked, or the goodness will be lost. Judgment should be exercised in the quantity which is sent to be prepared at one time. Of course, the fresher the coffee, the higher and better will be the flavor of the decoction.

If roasted at home, the nut should be well dried in a moderate oven before exposing it to a severe heat; when put over the fire, it should be *constantly* stirred with a wooden stick, or spatula, kept for this purpose. When of a nice brown color, it may be considered as roasted. Some persons fancy that a small piece of butter stirred into the coffee, just before you take the nuts from the fire, enriches it greatly. When removed from the fire, these nuts should be instantly poured into a cold vessel, or stirred till the one in which they have been roasted is somewhat cool.

COFFEE. — Take an egg or two, according to the quantity of powder used; one is sufficient for two gills, and mix it with the dry coffee; this can be either rolled into balls or left in one mass. Put this mixture into your coffee-pot, (with or without the eggshell, as you prefer,) pour the boiling hot water upon it, and allow it to boil about ten minutes. You will find it will need little time to settle, but will pour, directly from boiling,

into your urn clear and transparent. The egg adds greatly to the richness of this beverage. The egg should not be used, unless carefully mixed with the powder; otherwise, in pouring your hot water upon the egg, it is cooked, and no benefit is derived from it.

ANOTHER RECIPE. Take a piece of dry fishskin, about an inch square, which has been well washed and dried; put it into your coffee-pot, with a coffee-cup of the ground powder, and pour boiling water on it. Let it boil ten or fifteen minutes; be exceedingly careful that it does not boil over, as also that it be stirred once or twice while boiling. Remove the pot from the fire, and pour out some of the liquid into a cup, and back again, once or twice. Pour it out through the nose, that all the grounds which have boiled into it shall be cleared away from it. A cup of cold water, now added, will assist in settling it. Set the pot where the coffee will be kept hot, without boiling, to clarify, about five or ten minutes. Be careful, when the coffee is transferred from the pot to the urn, that the grounds are not shaken or disturbed; if they are, your drink will be both thick and muddy.

COFFEE. — *Made in a Biggin.* To make a quart: first, put a pint of boiling water through the filter to warm it, which pour away; then put a cupful of ground coffee upon the inner filter, upon which put the other tin, then the grating; pour over it half a pint of boiling water; this will wet the grains through. Let it stand four or five minutes; then pour a pint and a half more. After this is drained out, pour it again through the filter, and it is ready for the table. Served with boiled milk or cream. Some biggins have heaters or spirit lamps attached to them, which keep the water always boiling.

COFFEE. — *French fashion.* To a pint of made coffee add a pint of boiling milk; warm these together, and serve hot. This is used for breakfast. After dinner, the French seldom, if ever, use either milk or cream with their coffee.

Instead of fishskin, which is thought by some to impart a disagreeable flavor to the coffee, a piece, an inch square, of *American* isinglass can be used to refine and clarify coffee.

I will add here Monsieur Soyer's recipe for the making of coffee. He is the celebrated *chêf* of one of the most sumptuous of the London club houses, and his opinion should be decisive upon any matter in cookery. The plan is original, certainly, and not difficult to execute.

COFFEE. Put two ounces of ground coffee into a stewpan, which set upon the fire, stirring the powder round with a spoon until quite hot; then pour over a pint of boiling water; cover closely for five minutes, and pass it through a cloth; warm it again, and serve hot.

The cloth through which the coffee is passed should be immediately washed and dried for the next occasion. This method has one great advantage, in the shortness of time necessary to obtain a cup of coffee.

COCOA.

COCOA. Many persons purchase the nut as imported in bags; roast it, as coffee, and crack it in a mortar. Then boil it well in water. Doubtless the real cocoa taste is obtained in this way, and you are sure you get a pure article.

SHELLS. These require long boiling in water to be agreeable. After being boiled sufficiently long, pour off the liquid, and add milk to it, which heat, and then serve hot. Use a heaping tea-cupful to a quart of water.

CRACKED COCOA is the nut and shell together. To be prepared in the same manner as the above. There will be more oily matter in this liquid than in shells, which makes it disliked by some persons.

CHOCOLATE. Scrape two ounces (two squares) of the cake, which put into a saucepan, with a gill of warm water, over the fire, stirring it constantly until rather thick, and then add gradually a half pint of boiling milk. To be served hot.

MULLED OR FROTHED CHOCOLATE. The Italians use a regular chocolate-pot, the handle of which comes through the lid. Put into such a pot two ounces of chocolate, (scraped,) over which pour gradually a pint of boiling milk. Put on the cover, with the muller inside, which keep moving by the handle; place the pot on the fire; when hot and very frothy, it is ready to be served.

FRENCH CHOCOLATE comes mixed with sugar and highly flavored, in tin canisters. This can be prepared on the table. Put a tea-spoon and a half of the chocolate powder into a cup, which fill up by degrees with boiling milk, stirring until dissolved.

DRINKS FOR THE SICK.

BEEF TEA. Cut a pound of solid lean beef into dice an inch square, and put it into a saucepan, with a salt-spoon of salt, a clove, and an onion. Stir the meat round until some of the juice is extracted; then add a quart of water. Let it simmer for half an hour. Skim it well. If desired plain, omit the vegetables.

BEEF TEA. After cutting up the meat and salting it a little, put it into a wide-mouthed bottle and cork it. Set the bottle into a kettle of cold water, and boil it one hour and a half. You get in this way the true essence of meat. It can be diluted with water. Strain and squeeze well the beef; put it over the fire to scald; skim it, and add boiling water.

CHICKEN TEA. Take half of a chicken; put it into cold water, and set it over the fire to simmer, with a little salt. Skim it well. One half hour is sufficient to make this drink.

OATMEAL GRUEL. Have ready, boiling in a saucepan, a pint of water with a half tea-spoon of salt; add two table-spoonfuls of oatmeal, previously wet with cold water. Stir it well. Let it boil from fifteen to twenty minutes. Grate nutmeg, and add sugar, to your taste. Some persons like butter added.

GRUEL FROM GROATS. Proceed as above, but adding rather more water, and boiling a few minutes longer. Some eat this gruel with the groats in it. If objected to, strain it, and season as above.

SAGO GRUEL. Wash carefully two table-spoonfuls of sago. Put it into a saucepan with a pint of cold water. Stir it and simmer it until thickish and clear; then add nutmeg and salt, and a little butter. A glass of wine improves this much.

RICE WATER. Put a quart of water to boil in a saucepan, with a cupful of well washed rice. Place it on the fire, and let it boil gently until the rice is very soft. Then strain it; press the rice well. Sweeten it either with sugar or honey. Drink this lukewarm.

APPLE WATER. Roast some half dozen apples; when cooked, pour over them a pint of boiling water. Mash and strain them. Add sugar or honey.

BARLEY WATER. Wash clean one ounce of pearl barley; put it into one quart of water. Simmer it an hour. When half done put in a slice or two of fresh lemon. Sweeten to your taste. Wine, if you choose.

BARLEY WATER. Wash an ounce of pearl barley and put it into three pints of water, with an ounce of sweet almonds beaten fine; a few slices of fresh lemon. Add sugar and more lemon juice, if you choose.

CAUDLE. One milk biscuit pounded and sifted. Pour over it one quart of water, and boil it until it becomes perfectly soft. Reduce it, by boiling, to one half. When cool, add two eggs, well beaten, and three glasses of wine. Stir them together. Add sugar and nutmeg.

CAUDLE. Two wine glasses of water, with two and one half glasses of wine; one milk biscuit. Put them to boil. Have ready one egg, beaten well, which stir into the biscuit, when cool. Add sugar to the taste. Put these over the fire; boil them well, and strain for use.

RASPBERRY VINEGAR BEVERAGE. Put two table spoonfuls of raspberry vinegar into a pitcher, and pour over it a half pint of boiling water. When cold, it is ready to drink. Any kind of fruit sirup can be made into quite a palatable drink, in the same way.

FRESH FRUIT WATER. Take a quart of fresh strawberries or raspberries; rub them through a sieve into a bowl, which sweeten well with sugar; add the juice of a lemon, and a quart of water. Currant water is made in the same way, omitting the lemon.

FIG AND APPLE BEVERAGE. Boil two quarts of water, in which put eight fresh figs; open them; cut two or three apples into six or eight pieces; let the whole boil together twenty minutes. Strain it. Lemon may be used instead of the apples, adding sugar or honey.

TOAST WATER. Toast one good sized slice of bread of a nice yellow color; put it into a bowl, and pour over it a pint of boiling water. Cover it until cold. Then strain it, and it is ready for use. Do not omit to strain it; for if the bread remains in, it will cause fermentation, especially in summer.

INDIAN MEAL GRUEL. Wet a spoonful of meal with a small quantity of water, which stir into a half pint of boiling water; add a little salt, and let it boil from one half to a full hour. Do not skim it. Nutmeg may be added, with sugar, to the taste.

GROUND RICE GRUEL is made as above, only boiling it for about half a minute. This, and the above recipe, may be made with milk, if preferred.

A REFRESHING DRINK IN A FEVER. Put a little sage, two sprigs of balm, and a little sorrel, into a

stone jug. Peel thin a small lemon; slice it, and put in a bit of the peel. Pour over these one quart of boiling water; sweeten to your taste. Cover it well until cold. Drinks can be made by pouring boiling water over preserved fruits and tamarinds; let them stand until cold; then strain, and they are fit for use.

A PLEASANT DRINK. Dissolve a quarter of an ounce of isinglass in a pint of milk, and just bring it to a boil. Sweeten it to your taste, adding a little peach water, or boil a few peach leaves in the milk, to flavor it.

ORGEAT. One pound of blanched almonds; rub them to a paste in a mortar; add, gradually, two spoonfuls of peach water. Continue to pound them, adding one quart of boiling water. Sweeten to your taste.

ORGEAT. Beat two ounces of almonds, blanched, with a spoonful of rose or peach water, to a paste; then add, gradually, one quart of milk, or milk and water. Sweeten to your taste. Half an ounce of gum arabic, dissolved, may be added. Brandy, if expedient.

LEMON WATER. Cut a lemon into thin slices, and put it into a pitcher with some sugar. Pour over it a pint of boiling water. Cover it close, and let it stand until cold. Ice it, or not, as you please.

LEMON SHRUB. To fourteen pounds of white sugar add eighteen gills of water. Clarify it, over the fire, with the whites of four to six eggs. To this sirup add the strained juice of eight dozen of lemons, and simmer it a little. When cool, bottle it for use. You may add, if you see fit, three pints of old brandy.

LEMON SIRUP. One ounce of tartaric acid, dissolved in one wine pint of water. Two pounds of sugar. Dissolve the sugar over a gentle fire, and simmer it, with the whites of two eggs, to the consistency of a sirup. The rind of two lemons, grated or cut thin, put into the sirup, when boiling, is an improvement. When cold, bottle it.

PUNCH. Squeeze eighteen lemons on four pounds of loaf sugar, pounded fine; one pint of brandy. Before adding the brandy, strain the lemon. Put it into bottles, and, when used, add water. It will keep a long time, with a little sweet oil put over the top. By putting raw cotton upon the oil when you uncork a bottle, all the oil can be removed.

IMPERIAL. Two ounces of cream of tartar; two pounds of loaf sugar; three lemons cut in slices; pour upon these two gallons of boiling water. Let it stand until cold. Strain and bottle it, and in ten days this will be fit for use. This quantity will fill nine or ten bottles.

A GOOD DRINK. Five gills of molasses; one quarter pound of tartaric acid; one ounce of essence of sassafras; pour over these three pints of boiling water. When cold, bottle it. This will fill four or five bottles. Add, when drunk, one half tea-spoon of soda to each tumbler of liquid.

HOOK PUNCH. Half of the juice and peel of a good-sized lemon, with a piece of ice the size of a whole lemon, a large tea-cup of powdered sugar, and a wine glass and a half of maraschino cordial. Then add a pint of Holland gin. Mix these together, and, just before serving, pour in the contents of a common-sized bottle of iced soda water.

REGENT'S PUNCH. One half box of guava or currant jelly; one half of a lemon; three fourths of a tumbler of sugar; one tumbler of brandy; four tumblers of green tea; one bottle of Champagne; ice.

WEBSTER PUNCH. One and three fourths tumblers of brandy; one third of a tumbler of Jamaica rum; one tumbler of sugar; peel of one lemon, sliced; juice of one half a lemon; juice of one orange; three tumblers of water; flavored with wine glass of some cordial.

WINE WHEY. Boil a pint of new milk, and sweeten to your taste. Remove it off the fire, and pour in two glasses of good wine. Stir it and let it

stand to coagulate. Strain it, and grate a little nutmeg over it.

MULLED WINE. Boil equal quantities of wine and water with some pounded mace, cloves, and sugar to your taste. Beat up any quantity of eggs, the whites and yolks separately, according to the quantity of wine used. Three eggs to a tumbler of wine. Mix the eggs together well after being beaten, and pour gradually, stirring all the time, the boiling wine over the eggs.

HOP BEER. One handful of hops; one half pint of molasses; one bucket of water; one pint of yeast.

GINGER BEER. One coffee cup of ginger, mixed well with three pints of molasses. Pour over this six gallons of boiling water. When milkwarm, add one half pint of yeast. After this is fermented sufficiently, bottle it.

SARSAPARILLA MEAD. Three pounds of sugar; three ounces of tartaric acid; one ounce of cream of tartar; one ounce of flour; one ounce of essence of sarsaparilla or sassafras, and three quarts of water. Strain and bottle it, and let it stand ten days.

ENGLISH GINGER BEER. One ounce and one half of ginger; one ounce of cream of tartar; one pound of sugar; four quarts of boiling water; two fresh lemons, sliced. Pour the water boiling over these ingredients. When cold, add two gills of fresh yeast, and in twenty-four hours bottle it. It improves by keeping, unless the weather is exceeding hot.

AN INVIGORATING DRINK FOR A CONVALESCENT. Take one egg, and beat to a stiff froth the white; beat also the yolk, with sugar to your taste; mix these together, adding a glass of good wine, well stirred in. Fill up the tumbler with milk, or drink it simple.

CURRENT WINE. To one quart of currant juice add three quarts of water, and three pounds of sugar. Put it into a covered stone jar, and let it stand three or four weeks in a cool place. Then strain and bottle it.

CURRENT SHRUB. Boil currant juice five minutes with sugar, a pound of sugar to a pint of juice. Stir it while it cools; then bottle it. Two or three spoonfuls in a tumbler of water make an agreeable drink.

"RACAHOUT DES ARABES." Half a pound of best French chocolate, one pound of rice flour, a quarter of a pound of nice arrowroot, and half a pound of sifted loaf sugar. These materials are to be thoroughly mixed and rubbed together. A dessert-spoonful of this compound should be slightly moistened with milk, or with water, as you may prefer, then stirred into a pint of boiling milk. Excellent food for invalids or convalescents.

BREAD.

The art of making bread is among the earliest modes adopted by mankind for the preparation of food. Unleavened bread, of some material or other, is made use of by nearly all the nations of the earth. Some make it from grains, some from the bark of trees, while others use roots and fruits. The North American Indians contrive, by pounding the maize or Indian corn, to make a sort of cake, which they bake on hot stones or in hot ashes. This serves them, and occasionally the Anglo-Saxon race, as a substitute for leavened bread.

All materials for the making of bread are ground into meal, more or less fine, then mixed with water, well kneaded, and baked in an oven or on hot cinders. By this process, the unleavened bread or biscuits are made. It must be very obvious, that this very cohesive, firm and compact bread, must be slowly digested. Notwithstanding this objection, biscuits sometimes agree better with the dyspeptic than fermented breads. To make the leavened bread, or the ordinary loaf bread of families, yeast or leaven (old dough, in a state of

fermentation) must be added to the flour, together with salt and water.

The origin and etymology of the word *bread* are not without interest. Bread is brayed grain, from the verb *to bray*, or pound; expressive of the old method of making the meal. Bread is, therefore, something brayed; as brayed wheat or flour, brayed maize or Indian meal.

Dough comes from the Anglo-Saxon word *deaw-ian*, to wet, to moisten. Dough means wetted flour or meal. The bread or brayed grain becomes dough by being moistened. *Loaf* comes from the Anglo-Saxon word *lif-ian*, to raise, to lift up. Thus, after the grain is brayed or ground, made into dough by being wet, and the yeast added, it becomes loaf, or raised bread. *Leaven* is derived from the French word *lever*, to raise, or the Saxon word *lif-ian*, above mentioned.

The first requisite to obtain good bread, is to procure good flour. Most truly is bread "the staff of life;" and as truly is *good* bread necessary to the comfort of all; and, being an essential of good housekeeping, no pains should be spared to obtain a first-rate article of flour.

Physicians will agree with me, I think, that many of the sicknesses of children arise from eating ill-made or ill-cooked bread. Many adults, doubtless, may thank their careless or ignorant cooks for various dyspeptic feelings, rendering their existence a burden.

Good flour should not be pure white in color; that of a creamy, yellowish-white shade makes the best bread. To judge of flour, take a portion in your hand and press it firmly between your thumb and forefinger, at the same time rubbing it gently, for the purpose of making a level surface upon the flour. By this means you can satisfy yourself as to its color. If it feels loose and lively in the hand, it is of good quality; if, on the contrary, it feels dead, or damp, or clammy, it is

old and bad flour. By rubbing it in this way with a spoon, or other metallic article, garlic may be detected by the smell.

The next requisite is excellent yeast; and with these materials, added to a little salt and water, no family should be without prime bread.

The yeast which is added to the dough, in baking, acts in the same way as when it is added to the sweet wort of the brewer. It induces a fermentation, by which the sugar of the flour is changed to carbonic acid and alcohol. The carbonic acid is liberated in the form of minute bubbles of gas, throughout the whole substance of the dough, and causes it to *rise*; the alcohol is distilled off in the oven. "Carbonic acid gas is injurious only when drawn into the lungs. It then acts not only as a poison, but, if breathed in large quantities, actually drowns the individual breathing it. Cats have been drowned while endeavoring to pass across the bread trough of a bakehouse, the trough having been filled with gas by the fermentation of the dough." If too much water has been added to the dough, or if it have not been sufficiently kneaded, or if the flour be too finely ground, or if it be not sufficiently tenacious in its *nature*, then these bubbles will run into each other, and will form large air holes in the heart of the loaf, which will give that open, irregularly porous appearance, so much disliked by the skilful housewife.

Good bread should be full of small pores, and *uniformly* light. Such bread is made from *strong* flour; that is, flour which will rise well, will retain its bulk, and will bear the largest quantity of water. *Good* flour, in baking, takes up half its weight of water.

In some parts of Europe, it appears to have been the practice to adulterate the bread with some foreign admixture; sometimes with a small quantity of sulphate of copper — deadly poison — at other times with a portion of alum, alcohol, or rum. All these adulterations

permit the use of inferior flour, giving the bread a fairer color, raising it well, and causing it to hold more water, but rendering it unwholesome.

That our bakers use something more than yeast to render their breads light, and to produce the greatest quantity from their flour, cannot be doubted. For the benefit of their customers' health, I trust they eschew the poisonous ingredients. During the past year, some cases occurred in Boston of poison from the eating of cream cakes. It is probable that copper, or some similar mixture, had been added to the flour.

Common salt makes the paste stronger, and causes it to retain more water; so that the addition of salt is a real gain.

A little rice flour, in proportion of a seventh part, is said to cause wheat flour to absorb more water; if so, of course it is economical to use it.

The meal of Indian corn, (maize,) added, in any proportion to suit the taste, enables wheat flour to hold more water.

All mixtures of flour, to which is added sugar or molasses, rise quicker and in a less warm atmosphere than without it.

The grains from which meal and bread are made are composed of starch and gluten, with a small portion of sugar. On grinding the grain, the husks and the parts nearest to them, which contain the oily matter, separate, forming the *bran*; and there is left the inner, whiter part, called *meal*. The gluten is tougher and harder to grind than the starch; so that the white meal or flour, by frequent bolting or sifting, becomes richer in starch, while the unbolting meal is richer in gluten. The nutritive property of wheat meal is ascribed mainly to the gluten which it contains, the viscosity or tenacity of which confers on wheat flour its peculiar excellence for the manufacture of maccaroni, vermicelli, and similar pastes, which are made by a kind of wire drawing. The wheat of the south of Europe, being more abundant in

gluten than our own, is particularly adapted to this use. That flour which contains the most gluten makes the lightest and most porous bread — bread that is most digestible; therefore, the unbolted meal is most digestible. Bread, therefore, made with undressed flour, or even with an extra quantity of bran, is the best form in which farinaceous matters can be taken, in almost all the varieties of dyspepsia, accompanied by obstinate constipation. “This is a remedy, the efficacy of which has long been admitted, yet the greater part of mankind choose to consult their taste rather than their reason, and by officiously separating what nature has beneficially combined, entail on themselves much discomfort and misery.”

Gluten has been considered so unobjectionable a food, in some particular diseases, that it has been recently used in the preparation of what has been called *gluten bread*.

Experiments have been tried with dogs, and other animals, by feeding them on gluten. These animals continued to use it without distaste for three months, uninterruptedly, and preserved all the marks of excellent health.

In the baking of bread, success depends greatly on experience, not only in the mere act of baking the dough, but in the use of the particular apparatus employed. So many and so various are the inventions of modern times to accomplish this branch of cookery — some using cooking stoves, heated by wood or by coal, some coal ranges; others, again, the brick oven, heated with wood — that but few rules can be laid down, and those only of most general application. In the process of baking, the carbonic acid which caused the bread to rise, with the alcohol and part of the water, is evaporated by the heat. The “cellular partitions” of the dough become so fixed, in baking, that they retain their form even after cooling. If the heat of the oven is not sufficient, or the dough be too moist, then these par-

titions harden too slowly, or sufficient water is not expelled — this is *slack baking*.

Brown and thirded breads contain more gluten, and therefore retain more water, and harden more slowly, than the simple flour bread in which starch predominates. This is the reason why these doughs require a longer exposure to heat, or need what is technically called by the housewife *a good soaking*. Rye is said to absorb more moisture from the air than any other grain; therefore, all bread made from this meal needs a longer application of heat, and keeps moister, after being baked, than that made from other grain. From rye is made the famous black bread (*Schwartzbrot*) of Germany, upon which the peasants live. Spiced rye cakes were for a long period greatly in vogue in Europe, from the time of the Romans to that of Louis XIV.

Starch is converted by heat into a gum, called *dextrine*, by chemists. A part of the starch of the dough, particularly on the outside or crust of the bread, undergoes this change in the oven. Bakers rub over with water their hot loaves and hot rolls, and return them for a few minutes to the oven, in order to produce the bright, shiny surface which is generally seen on them. Here, this dextrine, or gum, is slightly dissolved by the wetting, and forms a lustrous coating over the bread.

The art of baking with mineral coal can only be acquired by practice.

Brick ovens are heated by the bakers with dry fagots. In our private establishments, soft or hard split wood is used. For baking brown bread and beans, the oven wood should be in larger sticks than for white bread and pies alone; so that it shall be about two hours in burning out. A heap of kindling stuff should be put into the centre of the oven on the brick floor, upon which, pile, "Harry-house fashion," your wood; open the flue, and then set it on fire. There is no occasion to leave the door open if your oven have the patent iron door with a small slide, which may remain

unclosed while the wood burns. As soon as your wood is sufficiently kindled, push back the burning mass as far as possible, so that the blaze may pass over the whole surface of the bricks. Stir up the coals two or three times, and when the wood is all burnt down and reduced to a mass of live coals, the oven will be hot. It is easy to find out how many sticks of a given size are necessary for baking articles which require a strong heat, and also for those baked with less. To bake brown bread and beans with flour bread, cakes and pies, at the same time, the oven should be heated to a *strong, solid* heat. Do not let the coals remain in the oven till they are no longer red. They must not look dead, but like hot embers. It is a good plan, when the oven is cleared out, to leave a few coals in the back part, to be put round those pans which require the most heat. Have ready a slice shovel to clear out nearly all the coals, then sweep the oven floor free from ashes with an old broom, well wet and kept for this purpose. Close the door for a minute or two, to allow the dust to settle, then try the heat within. Throw in a little flour; if it browns immediately, the oven is too hot, and should remain open from three to five minutes. Shut the flue. Put into your oven those things which need the strong heat, waiting some ten or fifteen minutes to put in those which require moderate heat. Close the door, and leave the articles to bake. When cooked, slip the slice under them and remove them out on it.

The tin ovens, or "Yankee bakers," that have a furnace underneath with a chimney pipe, and can be set out of doors, are convenient in summer, and suitable for all articles that require *quick*, but not *solid* heat. They must be kept very *bright*, in order to reflect the heat effectively. Tin kitchens — in fact, all cooking vessels of tin — should be often scoured with sand, to be kept clean and bright. If charcoal is used in these or any other vessel, it should be first burnt on the hearth or stove before putting it into the baker. If this be not

done, be exceedingly careful, and set your utensil into the free air, or keep your kitchen doors constantly open. The gas arising from charcoal, in a close room, is so deleterious as to produce death.

To bake on an iron griddle, you must either hang it over the fire, or set it over hot coals on the hearth, or on the top of your cooking stove or range. If used in the open fireplace, care must be taken that the fire burn bright and clear and free from smoke, or the cakes will be blackened and burnt. The griddle must be strictly clean. While you are baking, it will require frequent scraping with a knife. If it is well scraped after every cake is taken off, it will not want so much greasing, as there will be less stickiness after the first few cakes are cooked. Some butter, tied in a clean rag and laid on a plate, must be kept ready all the time to rub over the griddle between the baking of the cakes. A slice of the fat of either fresh or salted pork, stuck on a fork, is preferable to butter. Still better than either, provide yourself with a soapstone griddle, which needs no greasing, and saves your house from being perfumed with the effluvia of burning fat. It has been stated to me, that fine salt, rubbed over the iron griddle, will prevent cakes from sticking.

YEAST.

No great skill is necessary to make good yeast; still, much care is required, that all the minutiae be well attended to. Most housekeepers will find they must attend personally to this, in order to insure to their families decent bread. The hop-water must be *boiling* hot, when strained upon the flour—which some persons first moisten with cold water, to prevent it from lumping. This I do not consider necessary, as the lumps work out in the rising, and there is danger that your flour will not be *scalded* sufficiently to preserve it

from souring. The vessel in which the yeast is put must have been thoroughly cleaned and scalded, so that none of the old yeast shall remain upon it. A wide-mouthed jar is preferable to any other vessel, as you can have ocular demonstration of the neatness of your domestic. Glass bottles are not strong enough. They are apt to burst, either from the expansion of the yeast or carelessness in cleansing them. To clean the vessel, stir in a spoonful of saleratus to the warm water, cover it up tightly, and let it remain until cold. The new yeast must not be too hot or too cold when the old is added to ferment it. The proper temperature is about milkwarm.

YEAST. A handful of hops, boiled in three pints of water; sift a pint bowl of flour into some vessel, with a spoonful of salt. Strain the hop water *boiling* hot upon this, one third at a time. After straining one third of the water upon the flour, stir it well; then add more, and stir again. When milkwarm, put in a cup of yeast to ferment it. If the old yeast be acid, correct it, before stirring it into the new, with soda or saleratus.

YEAST. Boil a double handful of hops in three quarts of water, about one half an hour. Boil also separately fourteen good-sized potatoes. Mash these to a perfectly smooth paste; pour upon them gradually the boiling hop water. Add, when milk warm, a gill of yeast. Set in a warm place to ferment.

POTATO YEAST. Bruise three large, boiled potatoes; pour on them a pint of boiling water. Let this stand until milkwarm; then add a gill of yeast, with two spoonfuls of flour. Set in a warm place to rise.

DRY YEAST. Boil four ounces of hops in six quarts of water; boil it away to about one half. Strain it *boiling* hot on to three pints of flour and one spoonful of salt. When milkwarm, add one half pint of sweet yeast. When this has risen to be light, knead into it Indian meal enough to make it stiff. Form it into loaves, and cut it in thin slices, and lay them on

clean boards to dry. Put it where there is a free circulation of air in the sun. After one side has dried so as to be a little crisped, turn the slices over, and when both sides are dry, break them up into smaller pieces; it will dry quicker. Put them again into the sun for two or three days. Stir them over with your hand, so that all parts will be equally exposed to the heat. When perfectly dry, put them into a bag, which hang in a cool, dry place. The greatest trouble in making this yeast is the danger of stormy weather. If the day after it is made should not be fair, it will answer to put the jar in some cool place, and wait a day before putting in the meal.

When to be used, take a good handful for five loaves of bread; soak it in a very little warm water until soft, fifteen minutes will be time enough; then stir it into the sponge prepared for the bread. This yeast is convenient in the summer season.

All good managers will look out and renew their yeast before the old stock is exhausted. A small bag, of any thin material, can be kept in which to boil the hops; by this, you are saved the trouble of straining. After the yeast is sufficiently well risen, it must be put into a cool place, and always kept *tightly* covered. If it should be at all acid when to be used, correct the acidity with soda or saleratus. It will not make the bread so nice as when the yeast is sweet.

PORTABLE YEAST. This is probably a mixture of bicarbonate of soda with muriatic acid, or cream of tartar.* It is a patented article, comes done up in tin

* Dr. C. T. Jackson says, in reply to inquiries as to the use of cream of tartar and soda in making bread, that "this chemical process is not regarded as more than a poor substitute for the process of fermentation, and is only justifiable in cases of urgency, when there is not time to raise bread properly. It cheats us out of the sugar and dextrine, which gives sweetness and flavor to properly fermented bread, and substitutes a dose of Rochelle salts in their place, and that salt is mixed with dried starch and unaltered gluten. Of course, such bread is very objectionable, though it is not poisonous; and, for my own part, I prefer to keep my food and medicine separate."

canisters, to be obtained at any grocery store. By this means very porous bread can be made.

In the *Pharmaceutical Journal* several recipes are given for making unfermented bread. The following recipe by Dr. Smith, of Leeds, England, is given :—

“Five pounds of flour; one half ounce (apothecaries’ weight) of carbonate of soda; one half tea-spoonful of carbonate of ammonia; four tea-spoonfuls of common salt. Mix these well together, and then add the following solution: Two and one half pints of cold water, with five tea-spoonfuls of muriatic acid.

“This bread is easily made, requires little labor, no kneading, or time for the dough to rise. It costs a trifle more than bread made with yeast, but has the advantage of keeping longer without turning mouldy or sour, and is wholly free from any bitter or unpleasant taste. Its dietetical properties are of the utmost importance. Common bread is liable, in weak stomachs, to turn sour, and produce heartburn and flatulency, and to aggravate cases of dyspepsia; but bread made by the new process is free from these baneful effects. Its daily use in health prevents these symptoms, and, in many cases, it corrects that morbid condition of the stomach and intestines on which these symptoms depend. It is useful in the treatment of various cutaneous eruptions originating in disorder of the digestive functions.”

The following is copied from the *Cyclopædia of Useful Arts*, edited by Charles Tomlinson, London :—

“Mr. Deane’s recipe is as follows: Four pounds of flour; one half ounce of carbonate of soda; four and one third tea-spoonfuls of muriatic acid; two tea-spoonfuls of common salt; two pints of cold water. Mix the soda perfectly with the flour, and the acid with the water, then the whole intimately and speedily together, using a flat piece of wood or spaddle for the purpose. This will make two loaves, and should be put into a quick oven immediately. It will require

about one and one half hours to bake. In this kind of bread kneading will prove injurious, by making it too heavy. The dough must not be too stiff."

The reason of disagreement among the doctors may originate in the character of the different acids used. Tartaric acid is an *organic* or vegetable acid, while muriatic acid is a *hydrogen* acid—an inorganic or mineral acid. These acids are similar in their properties and combinations, though not in their constitution. All vegetable acids are charred and consumed on being heated. By this characteristic, the organic acids are distinguished from the inorganic, which are neither charred nor consumed by the fire.

FAMILY BREAD. Take a half of a tea-cup of Indian meal, with a heaping tea-spoon of salt, and a large spoonful of lard or butter. Pour upon these, *very gradually*, a pint and a half of boiling water. Pour on a little water, then stir the meal; add more water, stirring again; continuing to do so three or four times. The water must be *boiling*, for, if the meal be only scalded, the bread will have a coarse taste. Keep the vessel from which you take the water over the fire, while you are making the bread, so that it shall not become cool, but every time you use the water it shall be *boiling* hot. Then add another pint of warm water, making two quarts of liquid in the whole. When this mixture is cool, so that you are sure it will not scald your yeast, add a tea-cupful to it. Then stir in sifted flour by degrees, to make a stiff dough, remembering that the dough, after being risen, is always thinner than when made. *Knead it thoroughly.* This should not be stiff enough to mould, but to be poured into the baking pans. This being made up in the evening, stand your vessel, if in warm weather, in a cool place, if in wintry weather, in a warm one, to rise until morning. If you like, bake a thin pan for breakfast; when cooked, do not cut it, but break it, as the knife will render the hot bread heavy.

The process of kneading the dough is one of the great secrets in making fermented bread, and one which, I fear, is little practised. It is not sufficient to work over the dough, just mixing in the flour, without using any strength. The hands should be closely shut, doubled up to give a hard blow, and the fists pressed hard and quickly upon the dough; if need be, dipping them occasionally into the flour. So essential to the attainment of good bread, and therefore to the well being of one's family, do I consider the effectual kneading, that—to be understood fully—I would liken our domestics to the *athletæ* of ancient Rome. Let them pommel the dough as they did each other, with all their strength and energy of purpose; in order, however, to bring about a little different result—not to extinguish life, but to excite and invigorate it. Half an hour is the least time to be given to the kneading of a large baking of bread. Some persons remove the dough from the bread pan upon their bread board, in order to knead it better. In this case, the dough must be quite stiff. It must be cut across diagonally, then kneaded again, and this repeated some ten or a dozen times. If your oven takes two hours or less to heat, kindle the fire before you arrange the bread into the pans to be baked. Loaves of the usual size take about an hour to bake. Practice and judgment alone can direct these processes. If your dough rises slowly, set the pans over hot water. Wet the top of your loaves before you put them into the oven, to prevent the crusts forming too hard. When the loaves are taken out of the oven, do not lay them flat on the table. This will render your bread heavy, by preventing the evaporation of the steam. Wrap them in cloths, (kept purposely,) and stand them on the side, one against the other.

Some people always put in *saleratus* to their bread, whether the dough is acid or not, to render it more tender. Bread made by the foregoing rule is not improved, but on the contrary, injured by it. But when bread is,

as sometimes is the case, seen on tables, of a bright green color, and of a delicious, soapy flavor, one is tempted to wish there was no such remedy for laziness or carelessness. Every one can have good bread, with proper materials and ordinary care. *Stale bread*, cut in slices, dipped into cold water, put into a pan, then set into the oven for ten or fifteen minutes, is rendered very good—especially for children. Some people can eat bread prepared in this manner, who never allow themselves to attempt fresh, hot cakes.

BREAD MADE WITH A SPONGE. Use the quantities mentioned in the above recipe, and when risen in the morning, knead in flour sufficient to mould the dough well, and knead it thoroughly. After it is kneaded, divide it into four or five pieces, and mould according to the shape of the pans in which you bake it. Do this as soon as the fire is kindled in the oven. This bread having had fresh flour added to it, will need to rise from one to two hours before being baked. Any of the various *sponges* are very nice baked on a griddle, like buckwheat cakes, or in muffin rings. It is a very good way, in winter, to make up a quantity of dough to keep for daily use. For a large family, three or four quarts of flour will not be too much; for a small one, two quarts. Let it rise; take out what you wish to make use of, knead the remainder well, and set it away in the cold. Do not allow it to freeze. This dough will serve for warm cakes for several days. It will keep a week uninjured. Bread made with milk is nicer, when first cooked, than that made with water. It dries sooner and crumbles more in cutting than that made with water.

RICE BREAD. Allow half a pint of ground rice to a quart of milk, or milk and water; put the milk and water over the fire to boil, keeping out enough to wet the rice. Add a large tea-spoon of salt, and when the milk and water boil, stir in your rice, which has been stirred up with the cold milk and water. Boil it up

twice or three times, stirring it often, then pour into your bread pan; allow it to stand until of proper temperature to add a gill of yeast, then stir in flour to stiffen it. This bread must be made quite stiff to be baked. This, if properly made, will be found to be excellent bread. It keeps moister than mere flour bread.

THIRDED BREAD. Take equal parts of Indian meal, rye meal, and wheat flour. Scald the Indian meal, as above; add the rye, lastly the flour. This dough should not be made so stiff as to mould, but as thick as you can stir with your hand or a spoon. It must be well worked and beaten. Bake in same pans as you use for white bread.

DYSPEPSIA BREAD. To three quarts of unbolted flour put one table spoonful of salt, one large cup of sugar, one large cup of yeast, one quart of warm water.

BROWN BREAD. Two quarts of Indian meal, two quarts of rye meal, one large spoonful of salt, half a tea-cupful of yeast, half a cup of molasses; mix these with as warm water as the hands will bear; butter deep pans, wet the hands with cold water to put it in; set it to rise one hour. Bake it in a hot oven four or five hours; if baked in a brick oven, it is better to keep it in the oven all night.

BROWN BREAD. Take one quart of Indian meal and two quarts of rye meal; mix them well together with a large spoonful of salt. Wet them with two quarts of buttermilk, frothed with a table spoonful of saleratus dissolved in warm water; add a tea-cup of molasses. This bread should be as stiff as can conveniently be stirred with the hands. Butter deep earthen or iron pans very thickly. Put in the dough, smooth the top with the hand, wet with cold water. It should be baked in ten or fifteen minutes after it has been made. It requires a hot oven, and should remain in the oven over night.

RYE BREAD is made of equal parts of rye meal and wheat flour, mixed with warm water; add salt and

molasses. This dough is very nice baked in small, round cake-pans for breakfast. It should not be made stiff enough to mould. This bread may be made with cream of tartar and soda, with a little sugar, by using the same proportions as with wheat bread; or with buttermilk, frothed with saleratus.

FLANNEL BREAD. Two quarts of flour; one pint of milk; one cup of butter; six eggs; one spoonful of yeast.

NEW MILK BREAD. Take one quart of new milk, warm from the cow; add one pint of boiling water and a table-spoonful of salt; mix in sifted flour enough to make a batter as thick as custard. Let this stand in a warm place to rise, stirring occasionally. It will bubble up very light in about six hours. When risen, take a pint of warm milk with half of a tea-spoonful of saleratus dissolved in warm water; mix these with the emptyings; add flour to make it stiff enough to mould lightly. Put the loaves into warm pans. Set them to rise in a warm place while your oven is heating. The pans must not be more than half full when put to rise; when filled by the rising of the dough, to be baked in a quick but not very solid heat. This makes very delicious bread. There is none made to compare with it in delicacy and sweetness, if properly compounded. About an hour ought to be sufficient to rise the dough after being put into pans.

MUFFIN BREAD. To one and one half a pint of flour, add one half pint of sifted meal, two eggs, and one large spoonful of butter. Let it be well mixed, adding two spoonfuls of yeast; wet with either milk or water. Stand over night, to rise like loaf bread.

TOAST.

It may seem rather fanciful to give recipes for the making of toast. But in these days, when dyspepsia

is so rife among us, toast has become indispensable at our breakfast tables; and care is requisite to make even this simple dish palatable.

TOAST. Have ready a nice loaf of bread that has been baked a day or two, (for new bread cannot be smoothly cut,) then with a sharp knife, (kept purposely, with a blade long, like a carving-knife, but having a round end,) cut as many slices as you require, very even, about a quarter of an inch in thickness. Have a clear fire. The bread must be *warmed through slowly* before it begins to brown and crisp. The slice must be turned often to warm, before it is allowed to stand long enough to assume the yellowish-brown color of toast. Muffins or crumpets make very delicious toast.

All kinds of bread need to be toasted carefully in the above manner, but if to be served under birds, eggs, kidneys, or vegetables, it requires to be toasted dryer and harder. This bread can be either simply buttered or dipped as milk or cream toast.

DIPPED TOAST. Have ready some milk boiled and thickened with a very little flour; add butter according as you wish your toast rich or otherwise; into which dip the toasted bread. Serve hot. This should not be dipped until sent to table, as by standing it becomes sodden. If cream is used instead of milk, no thickening is necessary, and a very little butter.

DRY TOAST ought not to be toasted until quite ready to serve; when done as above, place it in a toast rack or standing upon its edges, one piece resting against another.

Some people prefer to have their toast buttered before being sent to table. If so, be careful that the butter is spread equally over the slice; not put on in dabs, making some parts of the slice dry as a husk, while other parts are filled with grease. After being toasted and buttered, some persons like their bread dipped into boiling hot water before serving. This softens it much.

HOT CAKES FOR BREAKFAST OR TEA.

ROLLS. To three pints of sifted flour, add two spoonfuls of salt, with six table-spoonfuls of good yeast, and a pint of lukewarm water. Make these materials into a batter and set it to rise. Half a pint of warm water and little more flour worked in before moulding the dough into cakes.

FRENCH ROLLS. Two pounds of flour; two ounces of butter; three gills of milk; one gill of yeast. Warm the butter in the milk and pour it on the flour. Let it rise half of a day. To be made into seven rolls.

FRENCH ROLLS. Warm a table-spoonful of butter in a pint of milk; add two spoonfuls of yeast and a little salt; two pounds of flour. Set this dough to rise in a warm place, and bake it in rolls in a quick oven.

BUTTERMILK CAKES. To a quart of flour add a large pint of buttermilk; add a tea-spoonful of salt; dissolve a heaping spoonful of saleratus in a very little warm water and stir into the milk, which pour upon the flour while foaming. Beat it well together, adding flour enough to make a smooth dough. Roll it out and cut it out with a paste cutter, and bake in a quick oven for fifteen or twenty minutes.

SOUR CREAM CAKES. To be made in the same way as the buttermilk cakes. Cakes made of equal quantities of rye and flour, with the addition of a little sugar or molasses, are a rarity, and can be made with either buttermilk or cream, exceeding delicate.

CREAM OF TARTAR CAKES. Rub into one quart of flour two table-spoonfuls of cream, or one spoonful of lard or butter; then stir in two tea-spoonfuls of cream of tartar, and a little salt; dissolve a tea-spoonful of soda or saleratus in a pint of either milk or water; wet the flour and mix it very lightly, just stiff enough to roll, and cut into cakes. Unbolted flour makes very nice cakes accord'g to this rule.

MUFFINS. To one quart of light bread dough, add three eggs. If not of proper consistency to bake on the griddle, add a little warm water, with sufficient flour. Let it rise well. To be baked in muffin rings.

MUFFINS. To one quart of milk, add one gill of yeast, one tea-spoon of salt, with four or five eggs. Add flour sufficient to make a thick batter. Baked on the griddle in muffin rings.

MUFFINS. Sift one quart of flour; put to it a little salt, and a large spoonful of yeast. Beat the white of an egg to a strong froth, and add to it. Make the flour up with cold water, as soft as you can, to allow it to be handled; set it in a moderately warm place to rise. Next morning beat it up well with a spoon; put it into rings on the griddle; first flour the griddle slightly, but put no butter upon it. Turn the muffins until cooked.

BUCKWHEAT CAKES. Two pints of buckwheat flour, mixed into a batter with water; one tea-spoonful of carbonate of soda dissolved in water, and two tea-spoonfuls of cream of tartar dissolved also. Stir well into the batter, first the soda dissolved, then the acid.

BUCKWHEAT CAKES. Take a quart of warm water, a heaping tea-spoon of salt, and a gill of yeast. Stir in buckwheat flour enough to make a thin batter. Let it rise over night. In the morning, add about a quarter of a tea-spoonful of saleratus or soda. It is always best to add this whether the dough is sour or not. Put it in just as you are ready to bake it. The reason for using saleratus is to make the cakes tender. Buckwheat makes a tough dough, which requires something to be added to render it delicate.

I have given before our Yankee recipe for muffins, which are, in fact, the true English *crumpets*. I will now add the recipe for the hot muffins of Old England.

MUFFINS. Mix a quart of warm water, in which you have put a gill of good fresh yeast, with sufficient flour to form a stiffish batter. Let this remain

to rise. Then stir in flour enough to mould lightly with your hands. Shape them into round, rather thin cakes, which put into a tray containing flour. Let them remain to rise. When nicely risen, bake them on your griddle. Turn them to brown on both sides. They will take about ten minutes to bake.

RUSKS. Take three pounds of flour; wet it with a pint of warm water, into which you have put two gills of fresh yeast; add a tea-spoonful of salt and two ounces of powdered sugar, with a quarter of a pound of butter, dissolved in a half of a pint of warm water. Mix the whole into a dough, and let it remain in a warm place until well risen; then form it into long rolls about two inches in thickness. Place them upon a baking sheet or pan, and put them for a short time in a warm place to prove or rise. Bake them in a moderate oven. When cold, cut them in slices the thickness of a quarter of an inch, which lay upon a tin sheet or pan, and put them into a warm oven. When well browned upon one side, turn them over, and put them again in the oven until the other side is browned, when they are done and ready for use. An exceedingly nice pudding can be made of rusks. (See *Puddings*, page 142.)

RUSKS. Beat seven eggs well, and mix with half a pint of new milk, in which has been melted four ounces of butter; add to it a quarter of a pint of yeast and three ounces of sugar, and stir in by degrees as much flour as will make a very light batter. Set it to rise. When risen, add flour enough to form it into rolls, or small loaves. When baked and cold, brown them as above. These cakes are nice hot.

CORN MEAL RUSK. Take six cups of Indian meal; four cups of flour; one cup of molasses; a tea-spoon of salt. Mix the whole together, and knead it into a thin dough, with a suitable portion of milk or water. Add two small table-spoonfuls of saleratus. Bake about three quarters of an hour. This dough, baked in muffin rings in the oven, is very nice and light.

WHIGS. Take a pint of milk, and warm it so as to melt a piece of butter the size of an egg. Then add two table-spoonfuls of yeast, and a tea-spoon of salt; stir in one pound and a half of flour, with two eggs well beaten; beat the whole well together, and set it to rise over night, in a warm place.

WHIGS. Half a pound of butter; half a pound of sugar; six eggs; two pounds of flour; a pint of milk; a gill of yeast; a spoonful of salt. Warm the milk sufficiently to melt the butter; then add the yeast, with sugar and eggs, well beaten. Bake in rounds in the oven, or in muffin rings. Allow this to rise from six to ten hours.

WAFFLES. Take a quart of milk; a quarter of a pound of butter; a gill of yeast; six or eight eggs; a spoonful of salt, with flour sufficient to make a batter, as for griddle cakes. The waffle iron must be heated on hot coals, then buttered or well greased with lard, and one side filled with the batter; then shut it together and lay it on the coals or stove to bake. After a few minutes, turn the iron on to the other side. These cakes require about twice the time to cook as griddle cakes. As they are removed from the iron to the plate, sift a little sugar, and grate a little nutmeg over them, and put a small piece of butter on each. These cakes may be made with soda and cream of tartar, using the proper proportions of each — one tea-spoonful of soda with two of cream of tartar for the above quantity.

DROP CAKES. Take three eggs, leaving out one white. Beat them in a pint bowl, *just enough*. Then fill the bowl even full of milk, and stir in enough flour to make a thick, but *not stiff* batter. Bake in earthen cups, in a quick oven. This is an excellent recipe, and the *just enough* beating for eggs can only be determined by experience.

DROP CAKES. Take one quart of flour; five eggs; three fourths of a pint of milk and one fourth of cream,

with a large spoonful of sifted sugar; a tea-spoon of salt. Mix these well together. If the cream should be sour, add a little saleratus. If all milk is used, melt a dessert-spoonful of butter in the milk. To be baked in cups, in the oven, thirty to forty minutes.

RYE DROP CAKES. Take one quart of milk; five or six eggs; equal quantities of rye and flour, about six gills of each. This batter must be made a little stiffer than for pancakes; very little sugar and salt.

RYE DROP CAKES. Eight eggs; one quart of new milk; one half gill of Indian meal, scalded with the milk; two gills of flour, to be mixed stiff with rye meal; one tea-spoonful of salt.

NIMBLE CAKE. Rub into one pound of flour, one half pound of either butter or lard. If lard is used, add a little salt. Mixed with either milk or water; made up just stiff enough to roll. To be baked on wooden trenchards before the fire, or on tin sheets in the oven.

FLANNEL CAKES. One quart of flour; one pint of milk or water; table-spoonful of butter melted in the warm milk or water. Put one tea-spoonful of carbonate of soda into the milk or water. Dissolve two tea-spoonfuls of cream of tartar in a small quantity of water. Add it to the batter immediately before baking it. To be baked in thin cakes, on a griddle. These are favorite breakfast cakes in Virginia.

FLANNEL CAKES. To two ounces of butter add a pint of hot milk, to melt it; a pint of cold milk; five eggs; flour sufficient to make a stiff batter; one tea-spoonful of salt; two table-spoonfuls of yeast. Set this to rise in a warm place. To be baked on the griddle.

WIDOW'S CAKE. Four cups of Indian meal; one cup of flour. Add two large spoonfuls of butter to the meal, and scald with hot water; two tea-spoonfuls of saleratus. Wet with milk or water to the proper thickness. Two thirds of a small tea-cup of molasses.

WASHINGTON CORN CAKE. One pint of Indian

meal, made into a batter with scalding water, thick as hasty pudding, (over night;) a little salt. In the morning, add one half pint of milk; four eggs. Bake from thirty to forty minutes.

INDIAN CAKE. One quart of milk; three tea-cups of Indian meal; two tea-cups of flour; one of molasses; three tea-spoonfuls of saleratus; a little salt.

CORN CAKE. Take one quart of sour milk or buttermilk; one half cup of molasses; three eggs; one large spoonful of saleratus; Indian meal sufficient to stiffen it to the consistency of pound cake.

JOURNEY, OR JOHNNY CAKE. Rub into one quart of dry meal a piece of butter the size of a large egg. Then wet with milk or water. Spread with a spoon or knife on sheets or board, if baked before the fire. This can be well baked on a griddle, by taking a small portion of the dough, flatten and shape it with your hands into small cakes about half an inch thick. To be baked brown on both sides.

INDIAN GRIDDLE CAKES. One and a half pint of meal, scalded well with boiling water. Then add a little milk; two eggs; a little salt; a cupful of flour.

BUTTERMILK GRIDDLE CAKES. One quart of buttermilk; a spoonful of Indian meal; flour enough to make a batter; add salt; a tea-spoon of saleratus; and two eggs.

RICE GRIDDLE CAKES. Boil a cup of rice very soft; add, gradually, a pint of milk; stir in a little flour, with three or four eggs; a little salt; grate one half a nutmeg; very little sugar may be added. Bake on the griddle in small cakes.

RYE GRIDDLE CAKES. One quart of milk; five eggs; a little salt; rye stirred in to make a batter as thick as buckwheat. Like buckwheat, this must be *well* beaten. One third of a tea-spoon of saleratus.

RYE GRIDDLE CAKES. Five spoonfuls of rye flour; three of wheat flour; two of corn meal; a large spoonful of brown sugar; three eggs; mix in milk to form a thin batter. Butter while hot.

SQUASH CAKES. One tea-cup of boiled squash ; two cups of milk ; flour sufficient to thicken as griddle cakes ; little salt ; one egg, or half a tea-spoonful of saleratus.

INDIAN BATTER CAKES. Mix together a pint of Indian meal with a half tea-cup of flour ; warm a pint of milk ; stir in one half tea-spoon of salt, with one large table-spoonful of yeast. Beat one or two eggs very light ; stir them well into the mixture. Let it rise three or four hours. To be baked on griddle, like buckwheats. Butter them ; serve hot. Eaten with molasses.

RICE CAKES. Stir a pint of rice, boiled soft, into a pint of milk ; a tea-spoonful of salt, and three well-beaten eggs. Mix in either wheat or rice flour until stiff enough to fry. These cakes may be baked by adding two more eggs ; flour to roll out and cut into cakes.

CRUM CAKES. Keep a bowl or pitcher with sour milk in it ; and, from time to time, throw in the crums of bread which break off when it is sliced, and also the dry pieces left from the table. When you next want some griddle cakes, take this mixture and break up all the pieces with your hand ; add an egg, salt, and saleratus, and a few spoonfuls of flour.

WHORTLE, OR HUCKLEBERRY CAKE. Take one quart of flour ; two cups of sugar ; one pint of milk. Rub a table-spoonful of butter with two tea-spoonfuls of cream of tartar into the flour. Dissolve a tea-spoonful of soda or saleratus in the milk. Add one pint of berries. To be made with the hand into small cakes, and to be eaten warm.

There appears to be a great prejudice, throughout the Northern states, against the use of corn as an article of human food. This seems founded on the presumption that it is a coarse and homely grain, fit only for hogs and cattle. At the South, corn is made into

bread and cakes of various kinds, and otherwise prepared, to be used in every family, from the richest to the lowest. Much of this prejudice is simply absurd; but there is some foundation for it, in the want of skill of most persons in preparing and preserving the meal. The flour of Indian corn is one of the sweetest and most delicate of any, if properly cured. The grain contains much moisture, and when ground, easily absorbs more; and, consequently, a great deal of that eaten here, and sent to Europe, is improperly preserved, and frequently dampéd, heated, soured, or musty. One would not wonder if decent hogs refused such food.

Care must be taken in preparing it for the table. Dr. Warren (according to Dr. C. T. Jackson) has expressed an opinion that much disease results from persons eating imperfectly cooked Indian corn.

"Parched corn is eminently nutritious. It is a foolish idea that it swells in the stomach. It has already swelled to twenty times its original size before it is eaten."

CORN BREAD. Take about two tea-cups of hominy, and while hot, mix with it a very large spoonful of butter, or good lard, with some salt. Beat four eggs very light, and stir them into the hominy; add a pint of milk gradually, and half a pint of corn meal. This batter should be of the consistency of rich custard; if thicker, add more milk. Bake it with a good deal of heat at the bottom of the oven, and not too much at top, so as to allow it to rise. The pan must be a deep one to allow space for rising. This has the appearance, when cooked, of a baked batter pudding, and when rich and well mixed it has almost the delicacy of a baked custard.

CORN BREAD. One pint of corn meal; one quart of milk; two eggs; a little salt. Beat the eggs well, and add the milk gradually. Pour this on to the meal slowly, stirring all the time. Bake in a pan about an inch thick.

CORN BREAD. Half a pint of milk; three eggs; one spoonful of lard; one pint of corn meal. Mix well together, and bake in tin cake rounds.

VIRGINIA BREAD. One quart of meal; half pint of wheat flour; a pint and a half of milk; two eggs; a table-spoonful of butter or lard. Mix these well together, and bake either in cups or pans.

CORN MUFFINS. To three pints of corn meal add a pint of lukewarm water; a tea-cupful of good yeast; a table spoonful of sugar; a tea-spoonful of salt. Bake in rings on the griddle, after being well risen.

ROYAL CORN CAKES. One pint of fine corn meal; four table spoonfuls of wheat flour; one quart of milk; three eggs; salt to your taste. Mix the meal and flour with the milk, beat the eggs very light, and add them. Bake on a griddle, and serve hot, with fresh butter.

CORN WAFFLES. To two table spoonfuls of cold hominy add one table spoonful of rice flour, and one of wheat flour; a little salt. Thin it with milk to a proper consistency. To be baked in a waffle iron.

HOMINY FRITTERS. Beat up three eggs with a large spoonful of butter, add to these three spoonfuls of cold hominy; a pint of milk; a pint of wheat flour. Mix all well together, and let them rise three hours.

RICE AND INDIAN CUP CAKES. One tea-cup of soft boiled rice; add a quart of Indian meal; a quart of milk; two eggs; a little salt; a half table-spoonful of molasses. Bake in cups or pans.

SWEET POTATO WAFFLES. Two table-spoonfuls of mashed potato; one of butter; one of sugar; one pint of milk; four table-spoonfuls of wheat flour. Mix these together, and bake in a waffle iron.

RAISED WAFFLES. Make a thick batter of milk and flour; add four eggs; a gill of yeast; a spoonful of butter. Let it rise some hours. When taken out of the iron, butter and sprinkle sugar over them.

RICE FLANNEL CAKES. Half a pint of soft boiled

rice; a tea-cup of cream or milk; with a little butter; a tea-cup of sugar; three eggs; a table-spoonful of yeast, or a tea-spoonful of saleratus. Let the rice cool, and add the other ingredients. Bake on a griddle.

OYSTER CORN CAKES. Take one quart of sweet corn, rasped from the cob with a coarse grater; two tea-cups of milk; one tea-cup of flour; and two eggs well beaten. Season the batter with salt and pepper. Bake on a griddle.

VELVET CAKES. Make a batter of one quart of milk, and one quart of flour, one gill of yeast, three eggs, a small piece of butter. To be baked in muffin rings.

CAKES.

It is an excellent plan for the mistress of a household to keep always a tire, high in the neck, with short sleeves, for herself or her domestic to put on, when either bread or cake is to be made. Always require your cook to do this, more especially if she has other duties to perform out of the kitchen. Have it well understood that it must be kept for this purpose, and this alone. To be taken off when this duty is accomplished.

Have every thing which you require in your preparation at hand, before commencing. Be equally careful not to make trouble for your domestic or yourself, by scattering materials, by soiling tables or the floor, or by the needless multiplication of utensils.

Have your pans buttered, your flour and sugar sifted and weighed; your butter washed and weighed; your eggs counted, ready to be broken; the spices and fruits all ready. Use wood or earthen in preference to tin vessels to make your cake in.

Put your eggs into cold water some time before breaking them. They will beat to a finer froth, and in shorter time when cold. In summer, put them into

water with a little ice. It is better to beat them in a cold place rather than a hot room.

All cakes are decidedly lighter if the whites and yolks are beaten separately. It is well always to require this to be done. Beat the yolks well, adding gradually the sugar, where there is no butter to be used. But if butter is needed, work your butter to a cream, adding from time to time the sugar, until the quantity is used; then, the yolks, well beaten; and lastly, the whites, beaten to stiff froth. Every one will, I think, be sufficiently repaid for the time and trouble in so doing, by the finer quality of their cake.

In mixing your cake, do not use the hands, if possible to avoid it, particularly in warm weather. The warmth of the hand will be apt to make your cake heavy. A wooden spatula or spoon should be kept for this purpose alone.

All cakes, not made with yeast, should be baked as soon as possible after they are mixed, as the ingredients are very liable to separate.

Sugar should be rolled with the rolling-pin to a powder, on a clean bread board, and sifted through a fine hair sieve. Crushed white, or loaf sugar, must be used for sponge and pound cakes, and all other rich white cakes. Brown sugar, coarse grained, but clean, will answer for plum cakes, and some of the cup and loaf cakes. Still these last are nicer made of crushed sugar. It can be purchased, ready powdered, at the stores.

Firkin butter should be cut in small pieces, well washed and drained before using it, or the cake will be heavy.

Lemon peel should be pared very thin, and with a little sugar, beaten in a mortar (marble if you have it) to a paste; then mixed with either wine, cream, or little milk, so as to divide easily among the other ingredients. The better way to give the lemon flavor to cake or custard, is to rub a piece of sugar some time over the rind of a fresh lemon; the hard sugar tears

the cells in which the oil of the lemons is enclosed, and the oil is attracted into the pores of the sugar. As the sugar is discolored, scrape it off with a knife, and it is well, perhaps, to dry this sugar before using it in delicate cakes. This can be kept in jars or bottles. Any oil or essence, to be added to cake, should be dropped upon a lump of sugar, and then put into the dough to dissolve.

Black or white plum cakes require less butter and eggs, for having yeast in them, and eat equally light and rich. If the dough be only of flour, milk, water, and yeast, it becomes more tough and is less easily divided than if the butter be first mixed with these ingredients and the dough afterwards set to rise.

Fresh eggs are required for nice white cakes. Sponge cake, savoy biscuit, pound cake, and ladies'-finger cakes, should never be attempted without *fresh* eggs.

Eggs kept in lime, or in any other preparation, will answer for simpler mixtures.

Fruit is the last article to be added to cake, and immediately before putting it into the oven. Cask raisins should be washed before they are stoned, as also box raisins, unless very fresh. To stone them, cut them once or twice, and remove the stones. Some persons chop them very fine.

It is well to prepare currants before they are needed. Wash them well in warm water, rubbing them between the hands; and then drain off the water. Continue to do this until the water is clear, drain them in the colander, spread them on a cloth on the table, and rub them dry with the cloth. Finish drying them in a very gentle heat. If they are added to cakes or puddings damp, they will make it heavy.

Buttered paper should be put in the bottom and sides of pans, when the cake requires a long baking; and paper not buttered is good for other cake to prevent burning. If the oven is too hot, place a sheet of paper on the top of the cake, to prevent the top from burning.

The heat of the oven is of great importance in baking cakes, especially those that are large. If not pretty quick, the batter will not rise. If not long enough lighted to have a body of heat, or if the heat has become slack, the cake will be heavy. To know when it is well soaked, take a broad-bladed knife that is very bright, or a clean straw, and plunge it into the centre, draw it out instantly, and if there should be the least stickiness, the cake is not cooked, and should be immediately returned to the oven. Saleratus or soda should be always kept, rolled and sifted, and when used for hot cakes, should be dissolved in a very little *warm*, not *hot*, water. Some people keep saleratus dissolved ready for use. Put as much saleratus into a bottle as will dissolve, when filled with water, using two table-spoonfuls of the liquid instead of a tea-spoonful of powder. This answers better for hot cakes than for cup or loaf cakes. When eggs are broken, be exceedingly careful that none of the yolk becomes mingled with the white. A very little of the yolk will sometimes prevent the white from foaming well. Take a cup, break the shell on it; allow the white to fall out into it, and put the yolk into a bowl; transfer the white from the cup into a shallow meat-dish. Beat them with an egg-beater, or a long-bladed knife. Hold the knife almost parallel with the dish; give a quick, sharp stroke through the whole length. Beat them in a cool place till you can cut the froth, or till it slides from your knife in one mass. It is better not to stop beating, when once begun, until you have finished; as it will become liquid and cannot be restored, and your cake will be heavy. These directions are given, to be applied to each of the following recipes; and are now given to avoid the useless repetition in each recipe. Almonds can be obtained ground in Europe. I know not that they are so prepared here. To blanch them, pour *boiling* water over them, let them stand from ten to fifteen minutes, drain them, and rub their skins off

with a cloth; lay them in a warm place to dry. If to be pounded, add orange water or rose water to prevent them from oiling. Keep this paste in a cool place. Stir the almonds into the sugar and butter, or the cake will be streaked. This should be prepared the day before wanted.

Griddle cakes may be made with *new-fallen snow*, very light, in proportion of a tea-cup of snow to a pint of milk.

Fresh-fallen snow contains a large proportion of ammonia, which renders the cakes light; but which also soon evaporates, rendering the old snow useless for this purpose.

WEIGHTS AND MEASURES. As all families are not prepared with scales and weights, the following list will be found useful:—

Wheat Flour, one pound is one quart.

Indian Meal, one pound two ounces is one quart; sixteen large table-spoonfuls are one half pint.

Butter, when soft, one pound one ounce is one quart; eight table-spoonfuls are one gill.

Loaf Sugar, when broken, one pound is one quart; four large table-spoonfuls are one half gill.

White Sugar, powdered, one pound one ounce is one quart; a common-sized tumbler holds one half pint.

Best brown Sugar, one pound two ounces is one quart; a common-sized wine glass holds one half gill.

Eggs, average size, ten eggs are one pound.

RICH PLUM CAKE. Seven pounds of flour; seven pounds of eggs; six pounds of butter; six pounds of sugar; six pounds of raisins; six pounds of currants; three pounds of citron; half a pint of brandy; half a pint of wine; half a pint of rose water; one ounce of nutmeg, mace, and cinnamon each.

SMALLER QUANTITY. Five pounds of flour; five pounds of eggs; four pounds of sugar; four pounds of butter; five pounds of raisins; five pounds of currants; wine, etc., in proportion as above.

PLUM CAKE. Eight pounds of flour; eight pounds of sugar; eight pounds of eggs; eight pounds of butter; twenty-four pounds of fruit; one half a pint of

wine, and the same quantity of brandy. This cake will keep exceedingly well.

PLUM CAKE. Three pounds of flour; two pounds of sugar; three pounds of currants; two pounds of butter; twenty eggs; one gill of rose water; one gill of wine and brandy; half an ounce of spice.

PLUM CAKE. One pound of flour; one pound of sugar; one pound of butter; nine eggs; four pounds of currants; three pounds of raisins, stoned and chopped; one half pint of wine; one gill of brandy; mace, cinnamon, nutmeg, to your taste.

PLUM CAKE. Fourteen pounds of flour; six pounds of sugar; six pounds of butter; ten pounds of currants; forty eggs; one quart of wine; two quarts of rose water; one quart of yeast; two ounces of cinnamon, cloves, and nutmeg, each; one ounce mace; two pounds of citron; melt the wine and butter together.

PLUM CAKE. Six pounds of flour; six pounds of currants; four pounds of butter and sugar each; fifty eggs; four tea-spoonfuls of saleratus; three glasses of wine; three glasses of brandy; three glasses of rose-water; one half ounce of mace; three nutmegs; cinnamon and cloves to your taste.

PLUM CAKE WITHOUT EGGS. Two pounds of flour; three fourths of a pound of butter; three fourths of a pint of milk; one cup of brandy; one tea-spoonful of saleratus; spice and raisins to your taste.

COMPOSITION PLUM CAKE. Four pounds of flour; three pounds of sugar; one and one half of a pound of butter; eleven eggs; one pint of milk; two tea-spoonfuls of saleratus; two nutmegs; mace and cloves to your taste; two pounds of raisins, stoned and chopped; one pound of currants; a little wine and brandy. This will make three good loaves.

FRUIT CAKE. Sugar, butter, and flour, one pound each; ten eggs; currants, two pounds; raisins, two pounds, stoned and chopped fine; one half of a pound of citron; half of a tumbler of brandy, in which the

currants and raisins must be rinsed to prevent their settling at the bottom of the cake. Work the butter until it is like cream; then add the sugar, and rub them well together. Put the flour in a little at a time. Beat the yolks of the eggs separate from the whites; add these all together. Then put in the brandy, currants, raisins, and citron; one ounce of mace; a few drops of essence of cinnamon or lemon.

POUND CAKE. Take one pound of white sugar, and three quarters of a pound of butter, worked to a cream; twelve eggs, the whites and yolks beaten separately; add the yolks, well beaten, to the butter and sugar; add a glass of white wine; half a tea-spoonful of mace; half a nutmeg, or any spice that is preferred. Beat it well together; add the whites, and beat again until it is well mixed; add a pound of flour, beat it in well, and strew in, if you choose, a cupful of dried currants. Bake it in tin square pans half an hour.

SPONGE CAKE. Eighteen eggs; one and one half pound of sugar; from three quarters to one pound of flour, depending on the thickening quality of the flour. Flavor as you please. Add the juice of a lemon, frothed with a lump of saleratus as big as a pea, dissolved in the smallest quantity of water possible. Let it be well beaten into the cake with a spoon, just before baking. After it is baked and cold, cut it merely through the top crust, with a sharp knife; then place it on the edge of the table and break it. Cake made by this recipe is far nicer than any other.

SPONGE CAKE. One pound of flour; one and one half pound of Havana sugar, sifted; twelve eggs; one wine glass of rose water; the rind of one lemon or eighteen drops of essence of lemon. Beat the yolks, adding, gradually, the sugar, rose water, and lemon. Beat the whites to a solid froth, and pour it upon the yolks and sugar; beat them well together; whisk in the flour; put it into your pans; sift sugar over the top just as as you put them into the oven, and bake in a quick oven.

SPONGE CAKE. One half a pound of flour; one pound of sugar; nine eggs; spice and lemon.

GOLD CAKE. One pound of sugar; one pound of flour; three quarters of a pound of butter; yolks of fourteen eggs; juice and peel of two lemons. Beat the butter to a cream, adding the sugar, and then add the yolks, well beaten; then the flour and lemon. Dissolve a tea-spoonful of soda, which add to the lemon juice, and stir in just as you place your cake in the oven.

SILVER CAKE. To the whites left from above, add one pound of sugar; three quarters of a pound of flour; six ounces of butter. Beat these whites to a stiff froth; then add the flour, mace, and citron. Almonds, in the place of citron, improves the cake. These two cakes should be mingled in the basket. One being yellow, the other white, makes a very pretty contrast.

CREAM CAKES, (CRUST.) One pint of water; one half of a pound of butter; three quarters of a pound of flour; ten eggs. Boil the water and butter together; while boiling, add the flour *dry*. When cool, add the eggs, well beaten, and one tea-spoonful of *dry* saleratus.

CUSTARD. One quart of milk; one cup of flour; two cups of sugar; four eggs. Boil the milk and eggs together; when boiling, add sugar and flour, which has been wet with a little cold milk, reserved from the quart; add a little salt. Season with lemon, vanilla, or rose water. In the summer season, fresh peach leaves, boiled in the milk, give a pleasant flavor. Drop the crust with a spoon on your tins to bake. The oven should be of a quick heat. This quantity will make thirty-six cakes. After they are baked and cold, open the crust just enough to put in the custard.

ALMOND CAKE. Two pounds of sugar; whites of twenty eggs; one pound of almonds, when prepared

for cake; one pound of flour; one half pound of butter.

ALMOND PUFFS. Blanch two ounces of almonds; beat them fine in a mortar, with rose water; add the whites of three eggs, and sugar sufficient to make a stiff paste; strew some sugar on a sheet of paper; lay your cake on in small drops. Bake them in a very moderate oven.

MACAROON CAKES. Blanch one pound of almonds; beat them with rose water; one pound of sugar; whites of eight eggs. Drop them on paper; sift sugar on them. Bake in a slack oven.

ALMOND CAKES. Procure, if possible, one pound of ground almonds, to which add two pounds of sugar, mixing the whole with the whites of nine eggs. Lay these cakes on a sheet of paper, in an oval shape, with a table-spoon. Put three or four small strips of almond upon the top of each. Bake them in a slow oven.

POUND CAKE. Take one pound of butter, cream it well, add gradually one pound of sugar and a little grated nutmeg; beat these well together. Add by degrees the yolks of eight eggs, then the whites. Add a pound and a quarter of sifted flour, stir it in lightly, and put this mixture in hoops or rounds to bake.

QUEEN'S CAKES. One pound of sugar; one pound of fresh butter; fourteen ounces of flour; ten eggs; one wine glass of wine or brandy, and rose water; one tea-spoon of mace.

QUEEN'S CAKES. The weight of six eggs, in butter, and of nine eggs, in powdered sugar. Cream these well together. Add, by degrees, nine eggs, and when well beaten stir in the weight of nine eggs of flour and half a pound of currants.

COCOA-NUT CAKES. Scrape or grate the cocoa-nut, to which add its weight of powdered sugar; add the white of one egg to a nut. Beat it with a wooden spoon until forming a softish, but thick paste. Lay the mixture upon paper in small drops, baking them in a moderate oven.

MACAROONS. Blanch and skin a pound of sweet almonds; dry them well, put them into a mortar with a pound and a half of sugar; pound them well together, and pass them through a wire sieve; mix these gradually with the whites of eight eggs, making a softish paste. Lay them out on paper in pieces the size of a walnut; sift sugar over them, and bake them of a yellowish-brown color. They are done when set quite firm through.

RATAFIES are made similar to the above, by deducting two ounces of sweet and adding two ounces of bitter almonds. They must be baked in a warmer oven than macaroons. These cakes are serviceable in making a great many second course dishes.

SAVOY BISCUIT. Grate the peel of one lemon, to the yolks of twenty eggs; add one and a half pound of sugar. Add whites of ten eggs, with fourteen ounces of flour.

WASHINGTON CAKE OR PIE. To one pound of flour add one pound of sugar, three quarters of a pound of butter, eight eggs, two nutmegs. To be baked in large, round, shallow tins. When baked and cool, put some preserve between two cakes.

RICE SPONGE CAKE. One pound of sugar; three quarters of a pound of ground rice; thirteen eggs, with four whites left out; spoonful of salt; peel and juice of one lemon.

RICE SPONGE CAKE. Weigh nine eggs; take their weight in sugar; the weight of six in ground rice; add lemon and a little salt. This requires a longer time to bake than cake made with wheat flour.

FROSTING FOR CAKES. Pound and sift six pounds of sugar; beat the whites of eighteen eggs to a solid froth; add to the sugar twenty-five drops of essence of lemon. Let the cake be warm when you put this on. The longer it is beaten the whiter it will be.

FROSTING. Two pounds of sugar; the whites of eight eggs; half an ounce of starch; half an ounce of gum arabic. Beat it well until white.

FROSTING. To ten whites of eggs add two pounds of sugar; flavor it with lemon or rose water. Put it on when the cake is warm, and after the loaves are frosted, put them in a moderate oven for fifteen or twenty minutes.

LADY'S FINGER, OR SAVOY CAKES. Take the weight of nine eggs of sugar, and the same weight of flour; beat them as directed for sponge cake. Lay this mixture out on paper into cakes three inches in length and the thickness of your little finger; sift sugar over them, shaking off all that does not adhere. Bake them of a yellowish-brown color; when done and cold, detach them from the paper by wetting it on the back; place them a short time to dry, and they are ready for use for charlotte russe, or wherever needed.

CUP CAKE. Five tea-cups of flour; three cups of sugar; one and one half cup of butter; three eggs; one tea-cup of cream; one tea-spoonful of saleratus; two nutmegs.

CUP CAKE. Two pounds of flour; one pound of sugar; one pint of milk; one quarter of a pound of butter; one tea-spoonful of saleratus. Spice to your taste.

COMMON CUP CAKE. Four cups of milk; four cups of sugar; four tea-spoonfuls of saleratus; nine cups of flour; one cup of butter. Spice to your taste.

CUP CAKE. Four cups of flour; two cups of sugar; one cup of butter; one cup of milk; two eggs; one tea-spoonful of saleratus.

CUP CAKE. Five coffee-cups of flour; three of sugar; two cups of butter; six eggs; one coffee-cup of milk; tea-spoonful of saleratus; one glass of wine or brandy. Bake in three pans. If you choose, add two pounds of raisins, stoned and chopped. Spice as you please. Bake in one deep pan.

CUP CAKE. Four cups of flour; four eggs; two and one half cups of sugar; one cup of butter; one cup of milk; one nutmeg.

TEA CAKES. One dozen of eggs; one pound of but-

ter; one pound of sugar; one pound and a half of flour; one half ounce of nutmeg and mace each; two pounds of currants; one half wine glass of brandy.

ESTHER'S LOAF CAKE. Take two pounds of bread dough after it has risen well; add one pound of sugar; one pound of raisins; three fourths of a pound of butter; three eggs; one glass of brandy. Spice to your taste.

TEA CAKES. Three cups of sugar; three eggs; one cup of butter; one cup of milk; small lump of saleratus. Mix these not quite as stiff as pound cake.

GRANNY STRONG'S LOAF CAKE. Four pounds of flour; two pounds of butter; two pounds of sugar; twenty-seven eggs; three pounds of currants; one pint of wine; one gill of brandy. Spice as you please.

LOAF CAKE, VERY NICE. Six pounds of flour; two pounds of sugar; one and one half of a pound of butter; one quart of milk; thirteen eggs; one pint of yeast; three nutmegs; one tea-spoonful of mace. Melt the butter in the milk; when lukewarm, add yeast and eggs. Let it rise in a warm place from twelve to fourteen hours, or until perfectly light.

ELLEN'S CAKE. Six cups of sugar; nine cups of flour; twelve eggs; one cup of milk; rather more than three fourths of a pound of butter; one wine glass of brandy. Spice as you please.

LOAF CAKE. Three pounds of flour; one and one half of a pound of sugar; three fourths of a pound of butter; five gills of cider; two tea-spoonfuls of saleratus; three eggs; one nutmeg; cloves and rose water. Dissolve the saleratus in a little cider; put this into the cake whilst fermenting. To bake, it requires a hot oven.

LOAF CAKE. Two pounds of flour; three fourths of a pound of sugar; six ounces of butter; four eggs; one quart of milk; one gill of yeast. Spice to your taste.

LOAF CAKE. Four pounds of flour; two pounds

of sugar; one pound of butter; one quart cider; two gills yeast; four tea-spoonfuls of saleratus; allspice and cinnamon to taste.

LOAF CAKE. Four pounds of flour; two pounds of sugar; one pound of butter; one quart of milk; four gills of yeast; three eggs; two gills of cider. Spice to your taste.

COMMON LOAF CAKE. Two pounds of flour; one pound of sugar; two ounces of butter; two tea-spoonfuls of saleratus, dissolved in a little milk or warm water. Mix this cake with a little cold water. Spice to your taste. Put it immediately to bake.

COMMON LOAF CAKE. Two and a half pounds of flour; one and one half pound of sugar; one half pound of butter; two tea-spoonfuls of saleratus. Dissolve the sugar in as much cold water as will mix the cake. Spice as you please.

LOAF CAKE. Two pounds of flour; one and three fourths pound of sugar; four eggs; two nutmegs; one pint of cider; two tea-spoonfuls of saleratus; raisins if you please.

LOAF CAKE. Five pounds of flour; two and a half pounds of sugar; one pound of butter; nine eggs; one quart of milk; two gills of yeast. Spice and rose water to your taste.

ROXBURY LOAF CAKE. One and three fourths of a pound of flour; three fourths of a pound of butter; one and one half pound of sugar; one pint of milk; five eggs; one tea-spoonful of soda; one and one half pound of fruit.

THE ELIZABETH LOAF CAKE. Three pounds of flour; one pound and one quarter of butter; one pound and one quarter of sugar; five eggs; one pint of milk; one gill of yeast; one pound and one half of currants. Spice to your taste. Put it to rise in a warm place.

ELECTION CAKE. Seven pounds of flour; seven eggs; seven gills of milk; seven gills of yeast; one pound and one quarter of butter; two pounds and one

half of sugar; allspice to your taste. Scald the milk and let it cool. Rub the butter and sugar together, and turn the milk upon them.

RUSSELL CAKE. Five cups of flour; three cups of sugar; two cups of butter; five eggs, yolks and whites beaten separately; a half tea-spoonful of soda; one cup of milk.

MOTHER EDEN'S ELECTION CAKE. Five pounds of flour; one and one half pounds of sugar; one pound of butter; five eggs; one gill of yeast; sugar to be dissolved in six gills of warm water. Spice to your taste.

ELECTION CAKE. One heaping cup of sugar; one half cup of butter, melted in one cup of milk; one cup of yeast; spice. Rise this over night.

CIDER CAKE. Three pounds of flour; two pounds of sugar; one pound of butter; five gills of cider; six eggs; two nutmegs; a spoonful of cloves; wine glass of rose water; raisins and citron if you please.

CIDER CAKE. Three cups of flour; two cups of sugar; one cup of butter; four eggs; one cup of cider; tea-spoonful of saleratus.

1, 2, 3, 4 CAKE. One cup of butter; two cups of sugar; three cups of flour; four eggs; cup of milk; scant tea-spoon of saleratus; one nutmeg; a little cinnamon. Work the butter and sugar together; beat the eggs separately to a froth, and work the dough as well as pound cake. Add the soda and put the cake immediately to bake.

A VERY GOOD COMMON CAKE. Five cups of flour; three cups of milk; two cups of sugar; one cup of butter; one tea-spoonful of soda.

HARRISON CAKE. Five cups of flour; two cups of molasses; one and one half cup of butter; four eggs; one cup of milk; spice; two pounds of raisins; one tea-spoon of saleratus.

CLAY CAKE. One half pound of butter; one pound of sugar; six eggs; one pound of flour; one half pint

of cream; one half nutmeg; juice and oil of one lemon; one glass of wine.

TAYLOR CAKE. Seven cups of flour; seven eggs; one pint of cider; one and one half pounds of butter; two pounds of sugar; one tea-spoon of saleratus; one and one half pounds raisins; three nutmegs; one table-spoonful of cinnamon; one glass of brandy.

SODA CAKE. Dissolve one half pound of sugar in one pint of milk; add large tea-spoonful of soda; mix in two pounds of flour, and one quarter pound of butter; bake quickly in shallow tins.

SHREWSBURY CAKE. One and one half pounds of flour; one pound of sugar; one pound of butter; sixteen eggs; spice as you please.

ANOTHER. One pound of flour; one half pound of butter; one half pound sugar; one egg; one spoonful rose water.

SALLY LUNNS. Two eggs; two small cups of cream, or milk; two cups of loaf sugar; one pint of flour; half a pound of butter; one tea-spoonful of mace. The cream and butter to be warmed together, and when melted, poured upon the sugar. Beat the eggs and stir them in. Stir into the flour a tea-spoonful of cream of tartar, and then add it to the eggs and sugar. Dissolve a full half tea-spoon of soda in a little warm water, and mix in well. Bake immediately.

INDIAN POUND CAKE. Half a pound of butter; the weight of eight eggs in sugar, and the weight of six in corn meal, sifted; eight eggs and a nutmeg, or a tea-spoonful of cinnamon; rub the butter and sugar to a cream.

A NICE GINGER CAKE. Three pounds of flour; one pound of butter; one pound of sugar; one pint of molasses; four table-spoonfuls ginger; two table-spoonfuls cream. Cream the butter well with the sugar, adding the molasses, lastly the cream; one table-spoonful of saleratus. Work this well together.

CORSICAN GINGERBREAD. Two pounds of flour: one

and one half pounds of sugar; one pound of butter; nine eggs; one glass of wine; one cup of ginger. Spread very thin with a knife on tin sheets. Keep the dough two inches from edge of sheet. Sift sugar over it before you put it into the oven.

SOFT GINGERBREAD. Four pounds of flour; three pounds of sugar; two pounds of butter; twenty-four eggs; two gills of rose water. Spice to your taste.

LIGHT GINGERBREAD. Two and one half quarts of flour; one and one half pint sugar; three fourths pint butter; six eggs; spice, wine, and ginger.

SYMBALLS. One half pound of sugar; one quarter pound butter; two eggs; one half a nutmeg; one tea-spoonful saleratus; one half cup of milk; flour sufficient to stiffen. Roll out on powdered sugar.

COOKIES. Dissolve one pound of sugar in one half pint of water; one half pound of melted butter; two and a half pounds of flour; one tea-spoon and half of saleratus; ginger, caraway seeds, or spice.

GINGERBREAD. Three pounds of flour; two pounds of sugar; one and one half pounds of butter; fifteen eggs; ginger to your taste. Rolled out on tin sheets.

HARD GINGERBREAD. Four pounds of flour; three pounds of sugar; two pounds of butter; nine eggs; one quarter pound of ginger.

HARD GINGERBREAD. Four pounds of flour; two pounds of sugar; one pound of butter; coffee-cup of milk; tea-spoon of saleratus; four eggs; small cup of ginger; caraway seed if you please.

HARD GINGERBREAD. Two pounds of flour; one pound of sugar; three quarters pound of butter; seven eggs; ginger.

GINGERBREAD. Two and one half pounds of flour; one pound of sugar; three quarters of a pound of butter; one half pint of yeast; one half pint of milk; one gill of wine; four eggs; one pound of currants, spice, ginger, and citron.

PARTICULAR GINGERBREAD. Six pounds of flour;

three pounds of sugar; two pounds of butter; twenty eggs; one tea-spoonful saleratus; one quarter pound of ginger.

COMMON GINGERBREAD. Four pounds of flour; one pound of butter; one and one half pounds of sugar; five eggs; two tumblerfuls of cider; two tea-spoonfuls of saleratus; ginger as you please.

CARAWAY SEED CAKE. Three and one half pounds of flour; one and one half pounds of sugar; one pound of butter; half pint of rose water; a small piece of saleratus, which dissolve in the rose water; one ounce of caraway seed, or two, as you like. Mix up the ingredients. Roll it very thin; cut into squares, and stamp them; put them on tin sheets. They take but a short time to bake.

ANOTHER. Half a gill of rose water; a gill and one half of milk; two tea-spoonfuls of cream of tartar; one tea-spoonful of soda. Rest as above.

GRINGLE CAKE. Two cups of sugar; one cup of butter; two eggs; one table-spoonful of wine or brandy; milk, and rose water; one tea-spoonful of saleratus. Then add enough flour to make it stiff enough to roll. Stamping is an improvement.

JUMBLES. Three pounds of flour; two pounds of sugar; one pound of butter; eight eggs, with a little caraway seed. Add a little milk, if the eggs are not sufficient to moisten the flour.

JUMBLES. One and one quarter pounds of flour; three quarters of a pound of sugar; one half pound butter; three eggs; caraway or spice.

SUGAR GINGERBREAD. Twenty eggs; three pounds of flour; two and one half pounds of sugar; three quarters or one pound of butter; cup of ginger. Spice if you choose.

CAKE SANDWICHES. Cut a stale loaf of sponge cake as if bread, and spread strawberry jam or currant jelly over them.

CREAM CAKE. One cup of molasses; one cup of

sour cream, frothed with a dessert-spoonful of saleratus. Mix in flour to make it as stiff as a pound cake. Substitute sugar for molasses, and you will have a nice ginger cake.

MOLLY SAUNDERS'S GINGERBREAD. One half pound of butter; one pint of molasses, (sugar-house molasses is best;) two tea-spoonfuls of saleratus, dissolved in a gill of milk or water; one and three fourths pounds of flour; ginger to your taste.

GINGER NUTS. Three pounds of flour; one and one half pounds sugar; one and one quarter pounds butter; one ounce cloves; three ounces ginger; orange or lemon peel. Mix it with molasses to make it like gingerbread, and roll it out or form it into balls.

SOFT MOLASSES GINGERBREAD. Five tea-cups of flour; three cups of molasses; one cup of cream; one cup of butter; one table-spoonful of ginger, and one of saleratus. Boil the molasses, and melt the butter in it.

SOFT GINGERBREAD. One quart of molasses; six ounces butter or lard; one pint of milk; one ounce of ginger; one ounce of saleratus; two eggs. Boil the molasses.

MOLASSES GINGERBREAD. Four pounds of flour; one pound of butter; six gills of molasses; one gill of milk; one half of a tea-cup of ginger; one large tea-spoonful of saleratus. Put the butter into the flour; dissolve the saleratus in a little milk; mix the molasses and milk together. Or, boil the molasses; add the milk and butter.

ANOTHER. To one pint of molasses add three gills of milk, two ounces of butter melted, not quite an ounce of saleratus; ginger to your taste. Mix them well together; then stir in enough flour to make it stiff enough to roll. Bake it in a quick oven, on sheets, as soon as possible after it is made. Boil the molasses.

ANOTHER. One pound of flour; half pound of butter; half pint of molasses; three eggs; one tea-spoonful of saleratus; half ounce of ginger. Mix it with cider.

ANOTHER. Three and one half pounds of flour; three quarters pound butter; three tea-spoonfuls of saleratus dissolved in a cup of sour milk; three table-spoonfuls of ginger, and one table-spoonful of cinnamon. Molasses enough to make it stiff enough to roll.

ANOTHER. Three and one half pounds of flour; three fourths of a pound of butter; three spoonfuls of saleratus dissolved in a cup of sour milk; three table-spoonfuls of ginger; one table-spoonful of cinnamon; molasses sufficient.

SOFT MOLASSES GINGERBREAD. Five pounds of flour; twelve gills of molasses; two ounces of ginger; one and one half ounces saleratus; one pint milk; six ounces of butter or lard, or drippings; two eggs.

BAKERS' MOLASSES GINGERBREAD. One quart of molasses; one quart cider; three ounces of saleratus; three fourths pound of butter; three spoonfuls ginger. To be mixed not very stiff.

GINGER SNAPS. Two and one half pounds of flour; half a pound of butter or lard; half a pound of sugar; one pint of molasses; one tea-spoonful saleratus; caraway seeds or ginger. This should be rolled very *thin*, and baked but a few minutes. It softens by being kept.

DOUGHNUTS. One pound of flour; one half pound sugar; one quarter pound butter; three eggs. Mix with water or milk; fry them in hot lard.

DOUGHNUTS. One and one half cup sugar; one and one half table-spoonfuls butter; one cup milk; one tea-spoon saleratus; as much flour as will make it stiff enough to roll; spice; three eggs.

DOUGHNUTS. Three pounds of flour; one and one half pounds of sugar; one quarter pound of butter; five eggs; spice. Roll out, and fried in hot lard.

DOUGHNUTS. Four pounds of flour; two pounds sugar; three fourths of a pound of butter; sixteen eggs; spoonful saleratus; spice.

CREAM TARTAR DOUGHNUTS. Make them exactly like the cream tartar cakes, (see page 44,) with the

addition of three spoonfuls of sugar, one egg, and some pounded orange or lemon peel.

RAISED DOUGHNUTS. Boil a quart of milk, and rub smooth in a little cold milk a gill of ground rice. When the milk boils, add the rice, with a tea-spoonful of salt. Allow it to boil until quite thick, stirring it so that it shall not burn. When cool, add a cup of good yeast, and thicken it about as stiff as good bread. Knead it as well as your bread. Let this rise over night, and when light, add a half pound of butter, five eggs, a pound of sugar, or a pint of molasses; adding nutmeg, lemon peel, or any other spice.

Any light dough can be easily made into doughnuts by the addition of sugar, butter, and spice. An egg or two prevents the cakes from soaking much fat.

DOUGHNUTS. Six pounds of flour; one pound sugar; one pound butter; one pint yeast; spice to your taste. Let these rise over night. Mixed with milk or water.

SYMBALLS. One cup sugar; one cup milk; one tea-spoonful saleratus; flour enough to make a stiff paste; spice. Rolled and fried in hot lard.

To have fried cakes good and light, the fat should be of proper heat. When hot enough to put in the dough, the fat stops bubbling and will be perfectly still. If at the proper heat, the cakes will rise to the top in a very few seconds, the fat will bubble, the cakes will swell or rise, and the under side will become brown. Turn them, that the other side may brown. It is best to break open one of the cakes, in order to judge if they are cooked. When done, take them out with a skimmer into your colander to drain well. If the fat is too hot, the outside will become cooked and brown before the inside is warmed; and if too cool, the cakes will soak too much fat.

Doughnuts that contain saleratus soak up far more fat than those made without it, and the more saleratus they contain the more fat they will imbibe. This is

on the chemical principle of making soap, where the alkali absorbs the grease. It is more healthy, therefore, to make doughnuts with eggs, or raise the dough just enough with yeast to make it light but not sour.

SWEET POTATO CAKE. Pare and grate several sweet potatoes, and to every three pounds of grated potato add two pounds of sugar; twelve eggs; a little more than three pints of milk; the juice and grated rind of a lemon; a quarter of a pound of melted butter; a table-spoonful of rose water; a little cinnamon and mace, with a tea spoonful of salt. Mix well together, and bake in deep pans for two hours.

UNBOLTED FLOUR CAKE. A tea-cup of sour cream, saleratus enough to sweeten it; a tea-cup of molasses, flour sufficient to mix it; nutmeg; one pound of currants. Bake in a deep pan.

TUMBLER CAKE. Six tumblers flour; three of sugar; one of butter; one of molasses; three of currants or chopped raisins; four eggs; one tea-spoonful of saleratus in a tumbler of sweet or sour milk; spice as you please.

BARNARD CAKE. One pound sugar; two pounds flour; one fourth pound butter; put these together in a pan, and grate one nutmeg into it. Rub them thoroughly together. Dissolve a table-spoonful of saleratus in a full pint of sour milk, then beat all together, and put in one and one half pounds of raisins.

RICE PUFFS. To a pint of rice add a tea-spoonful of salt; a pint of boiling water. Beat up four eggs and stir them well together. Drop this mixture into boiling fat.

PASTRY.

The griddle, on which muffins are baked with us in America, as also in Europe, is the same utensil as that used in the East, and it is fixed in the same manner over the fire. It serves the Moors for a variety of

dishes and preparations of flour. On it is made the pastry of the East, which all travellers have tasted, and which many have pronounced exquisite, though few have described, and fewer still, perhaps, imagined different from that made in Europe or America.

The secret of French pastry consists in bringing the butter and dough to exactly the same consistency. This is effected by temperature for the butter, by water for the dough; cooling down the one and softening the other. When so done, the butter in one mass is rolled into the dough, as in French pastry, or as with us, more commonly, put on to the dough in small pats or dabs; it then spreads under the rolling-pin equally as the dough spreads, each in its own plane. Folded over and over again, the two keep distinct; and thus are obtained the flakes.

The butter of the East is fluid, and runs like oil. This difficulty must be overcome, to enable the inhabitants to enjoy flake pastry. Ingenuity soon devised the following plan: "The wheat (in the grain) is steeped till it sprouts; it is then rubbed or pounded in a mortar till it acquires the consistency of cream. In this state, it is poured in ladles on the griddle, rubbed with butter. Instantly hardening, it is tossed off sheet after sheet. The name given to it is *Yolka*. This is then strung on strings and hung up. When wanted, a bundle is laid on the dish for under crust; the contents, sweet or savory, of the pastry, are then put in, and the upper crust laid on in the same way. By this process are attained, in the highest degree, all the objects of French pastry—softness in the substance, fineness and equality in the flake." It has one advantage over our pastry, of facility and economy of time. This information may lead some one of our ingenious Yankee housewives to devise a new method to obviate the many difficulties of our fashion of making pastry; to remedy the effects of hot weather and the clumsiness of inexperienced cooks.

Although there is nothing more simple to make, if pains be taken, so will the smallest neglect produce a failure. Neither is it with the making of pastry alone that so much care is required, but also with the baking.

Paste badly made will not improve in baking, neither will well-made paste be good if ill cooked.

Having sifted your flour and weighed the butter or lard, the proportion of one to the other must be regulated by each person's notions of healthiness and economy. One third lard makes better pastry than if all butter is used. If one third lard is used, rub the lard, with a tea-spoon of salt, into the flour. The least possible time should be taken in doing this, as the heat of the hands will soften the lard too much. Add the water, in which have been beaten one or two eggs. If the paste is made wholly of lard, allow a tea-spoonful of salt to every pint or pound of flour. Some people put in a small tea-spoonful of soda. Put the salt into the flour, and the saleratus into the water with which you mix your paste. When you have put in the water, stir it up quickly, as stiff as you can, with a spoon. Put it on to your pasteboard as soon as you can roll it. A large slate makes a very good pasteboard for those who are not lucky enough to have a marble one. Roll *from* you always, not back and forth. When rolled, lay the butter (which should have been worked to a cream the day before wanted, and put on ice) on all parts of the paste, in thin cuttings. Dredge a little flour over the butter, and fold up the dough in a long roll; flatten it a little with the pin; double it by laying the two ends meeting in the centre. Roll again—flour, butter, and roll, in same manner, for three successive times. It is well to divide your butter into three equal parts, putting one part in the dough at each roll. This being done, set the paste into a cool place. It is of importance to observe that the paste should be neither too stiff nor too soft, but of a proper consistency; it will be better when it is a little too soft than when too stiff.

Paste should not be made softer in summer than in winter; for if your butter has been creamed and put on the ice, it will be of the same consistency as when it is used in winter. As soon as your paste is made, set it on the ice. When the paste is used, cut off enough to make two or three pies; set the remainder on the ice. In rolling out the paste to cover the pies, cut a piece from your roll *crosswise* or *cornering*. This makes the paste more flaky. Press the rolling-pin equally on all parts, that it may be of equal thickness.

Having your plate buttered, lay on the crust. Pass your hand over it so that all parts may touch the plate. Take the plate on the palm of your left hand, and with your right trim the edges of the dough even with the dish by holding a knife with the handle under the plate, and the blade slanting *outwardly*. Wet with water the rim of the paste, and put round another thickness; then fill your pie. Wet the rim again and cover the pie. Some people make a less rich paste for the under than the upper crust of their pies.

I will give the method of making French pastry; and, to be successful, one must be particular in the proportions, and very careful in the mixing:—

PUFF PASTE. Put one pound of flour on your pastry board or slab, make a hole in the centre, in which put the yolk of one egg and the juice of one lemon, with a pinch of salt; mix it with cold water (iced in summer) into a softish, flexible paste. With the right hand dry it off a little with flour, until you have well cleaned the paste from the slab, but do not work it more than you can possibly help; let it remain two minutes upon the slab; then have a pound of fresh butter, from which you have squeezed all the buttermilk in a cloth, bringing it to the same consistency as the paste, and upon which place it; press it out with the hand; then fold over the edges of the paste so as to hide the butter, and roll it with the roll-

ing-pin to the thickness of a quarter of an inch, thus making it about two feet in length; fold over one third, over which again pass the rolling-pin; then fold over the other third, thus forming a square; place it, with the ends, top and bottom, before you, shaking, both under and over it, a little flour, and repeat the rolls and turns twice again, as before; flour a baking sheet, upon which lay it upon ice or in some cold place (but in summer it would be almost impossible to make this pastry without ice) for half an hour; then roll twice more, turning as before; place again upon the ice for a quarter of an hour; give it two more rolls, making seven in all, and it is ready for use when required, rolling it out into whatever thickness, according to what you intend making.

People differ as to the proper thickness of pie crust. Some fruits require thicker crusts than others; for peach and pumpkin, it should never be more than one eighth of an inch; for juicy fruits, such as berries, cherries, currants, and for mince pies, the paste should be thicker. Use deep dishes for pies of juicy fruits. Do not fill the dish even full, as the sirup is liable to boil over, and the richness of the pie is lost. Do not forget to moisten the rims of the paste in putting on the covers, and press the edges together. Pass the inner edge of the hand round the pie on the inside of the rim, and press it well down. In juicy fruit pies it is well to prick the top a few times with a fork. This is done to allow the steam to escape. To prevent the under crust of pies from being clammy, or soaked with the materials with which they are filled, they should not be filled until just as you put them into the oven. In fact, it is a good plan to part bake your paste before you fill the pies, particularly with pumpkin, Marlborough, or potato puddings. Pies which are covered should stand filled only long enough for the upper crust to be put on. Pastry should be baked in a quick oven. For every description of pastry, you can judge

of the heat of the oven by placing your hand about midway in ; hold it there a quarter of a minute. If you can hold it there for that length of time, the oven is not hot enough. After all, the safest way is to bake a small piece of paste before putting in the whole. Pumpkin pies require nearly an hour to bake. Like the brown breads, both squash and pumpkin puddings need a *good soaking*. Apple and peach pies bake in three fourths of an hour. Cherry and plum pies need one and one half hours. Meat for pies should not be chopped until cold. If you have more pastry made than you wish to use, make a hole in your flour barrel, put it in to keep it from drying and turning yellow.

Pastry is very obnoxious to delicate stomachs, owing to the injurious influence of heat on all fat and oily substances, most especially butter.

PUFF PASTE WITH BEEF SUET. Where you cannot obtain good butter for making paste, the following is a good substitute: Skin and chop one pound of kidney beef suet very fine ; put it into a mortar and pound it well, moistening with a little oil, until becoming as it were one piece, and about the consistency of butter ; proceed as in the last, exactly, using it instead of butter.

HALF PUFF PASTE. Put one pound of flour on your pastry slab, with two ounces of butter, rub them well together. With the hands, make a hole in the middle, in which put a pinch of salt and a yolk of an egg, with the juice of a lemon ; mix with water as before, then roll it thin. Lay half a pound of butter, prepared as for puff paste, rolled into thin sheets over ; fold it in three, roll and fold again twice over, lay it in a cold place for a quarter of an hour ; give another roll, and it is ready for use when required. This paste is mostly used for fruit tarts, for which it is well adapted.

SHORT PASTE. Put a pound of flour on your pastry slab, make a hole in the centre, into which put an

ounce of salt, half a pound of fresh butter, with sufficient water to make a paste. Mix well together.

SHORT PASTE FOR FRUIT TARTS. Rub into one pound of flour six ounces of butter. Make a hole in the centre and put in two ounces of sugar, two eggs, and a large wine glass of water. Mix the eggs, sugar, and water well; then stir in the flour and work it lightly.

SMALL FRUIT TARTS. If you should have any cuttings left of puff pastry, make the following little cakes: Roll out the paste about the thickness of a dollar; cut out some rounds with the paste cutter; take half of these, and with a wine glass cut out the centre; wet the whole round, and lay the ring on, pressing them together. Egg them over and sift finely-sifted sugar over them. Fill them when cold with preserves of any kind.

POTATO PASTE. Boil some potatoes; mash them to a smooth paste; add, while warm, a little butter; add some flour with a little milk or water.

The French pastry cooks are famous for their *vols-au-vent*, which are nothing more than raised pies of meat, fresh or preserved fruits. There is much skill required to make these *vols-au-vent*, without a mould, though it is often done by good cooks. All pies look handsomer, and are no more trouble to make if baked in a mould made on purpose, than if cooked in a pie dish.

FRENCH RECIPE FOR RAISED PIE. Well wipe and butter the interior of the mould. Have ready two pounds of nice paste, rather fine than otherwise; two thirds of this rolled out to fit the mould; press it evenly over the interior, raising the paste half an inch above the edge of the mould. Have previously prepared six pounds of veal cut from the fillet, as follows: cut four pounds into pieces an inch in breadth, and as nearly as possible to the length of the pie. With the remainder, make a forcemeat, (see recipe.) Have ready

two pounds of lean bacon, cut into pieces of nearly the same size as veal. Put a quarter of a pound of butter into a frying pan, and when melted, put in the veal and bacon; season it highly with a tea-spoonful of salt; same of pepper; half a nutmeg; a tea-spoonful of mace; a table-spoonful each of chopped onions and parsley. Fry the whole together, occasionally turning the meat, that all may be slightly browned. Line the interior of the mould with some of the forcemeat, to the thickness of half an inch; after this put a layer of veal, and a few pieces of the ham alternately, and cover over with forcemeat about an inch in thickness; then more veal and bacon, with forcemeat until full, finishing with forcemeat, forming a dome about an inch above the paste. Put a quarter of a pound of butter on the top; mould the remainder of the paste to a ball, which roll to the size of the top of the pie; wet the edges, lay on the top crust, which press down with the thumb, working it up gracefully with the thumb and forefinger to about an inch above the top of the mould, cutting the paste away where too thick, and mark it with a knife, spoon, or crimp it with a pair of paste nippers; make a little hole in the top. Ornament it in any fashion, with leaves cut from paste to suit one's taste. Tie a band of buttered paper round the mould an inch above the pie. Put it in a moderate oven to bake about two hours. Be sure it is cooked; try it, by running a pointed knife into the centre, and if it feels tender, it is done. Take it from the oven, pour into it a gill of strong gravy, in which you have dissolved a little isinglass, especially in summer. Take it from the mould, which opens at one end by drawing out a pin, and serve upon a napkin, garnished with parsley.

Every description of raised pies can be made after this manner, the difference being in the contents.

If your pie is fowl, make a paste and forcemeat as in the above—instead of veal and ham, have a fowl—

and season the interior with pepper, salt, and chopped onions. Fill inside with some of the forcemeat; spread a layer of forcemeat, both under and over the fowl, on the crust in the mould. Sprinkle with salt and pepper; cover with remainder of paste. When done, pour in gravy made from bones of fowl, highly seasoned. Serve cold.

Sausage meat is a very good forcemeat, and can be readily obtained.

In making these pies from fruits, the paste is baked first in a pyramidal-shaped mould. While baking, the paste is filled with dry flour. When done, take out the flour, open the mould, and fill the crust with any prepared fruits.

If you have no mould, make a quarter of a pound of paste; roll it round or oval, as it pleases your fancy, a quarter of an inch thick; wet the edge all round, about half an inch; raise that part and pinch it round with your thumb and finger, making a raised border all round. Put it on a baking sheet; fill it with fruit, one row; if large, two. Sift sugar over according to the acidity of the fruit. This will take less time to bake than in the mould.

SAVORY PIES.

VENISON PIE. Cut a breast and neck into small pieces; rub them over with a seasoning of sweet herbs, grated nutmeg, pepper, and salt; fry them slightly in butter; line the sides and edges of a dish with puff paste, and lay in the meat, adding half a pint of rich gravy, made with the trimmings of the venison. Put in a glass of port or claret wine, the juice of half a lemon, or tea-spoonful of vinegar. Cover the dish with puff paste, and bake it nearly two hours. With a sharp knife, cut a small circle two thirds through the thickness of paste, which can be removed after

being baked, to pour in through a tunnel more gravy if needed.

ANOTHER. Stew the venison slightly; season it highly with pepper, salt, nutmeg, orange peel, and claret wine. Put the paste as above. When the meat is partially cooked, add it to the pies. They will be ready to serve as soon as the paste is well browned and baked.

CHICKEN PIE. Make a good puff paste; allow one half a pound of butter to one pound of flour. Put a thin under crust round the dish; cut up the chickens; parboil them in a very little water, with salt and pepper. When cooked, take out the chicken; put into the liquor the legs, livers, and gizzards; a piece of butter rolled in flour. When boiled sufficiently, strain it. Have a pint of oysters; season them highly; fill up the pie with chicken, oysters, and eggs boiled hard and sliced. Strain the liquor; cover the pie, and bake it. When cooked, if not gravy enough, put in the remainder with a tunnel, as above directed.

If the pie is not to be eaten the day it is baked, the eggs had better be omitted; they give an unpleasant flavor.

ANOTHER. The chickens should be parboiled, and all the meat taken from the bones. Put into the dish, alternately, oysters and chicken; season the gravy as above. If made in a dish, fill up with the gravy; but if in raised crust, the gravy must be strained and added cold, as jelly, by the addition of isinglass, or a calf's foot boiled up with it.

TO MAKE A PASTY OF MUTTON TO EAT AS NICE AS VENISON. Bone a fat loin of mutton, after it has been killed four or five days; beat it well with a rolling-pin; rub ten pounds of meat with four ounces of sugar, and pour over it a glass of port, and the same of vinegar. Let it remain five days and nights, turning and basting it with the liquor. Wash and wipe the meat very dry, and season it very highly with pepper,

nutmeg, and salt. Stew it gently until about half cooked. Then, having your paste ready in your pie dish, proceed as with a venison pasty. Put the bones in a pan, with no more water than will cover them, one glass of port or claret, and a little pepper and salt, thickened with a bit of butter braided with flour. Boil them together for the gravy to be added to the pie.

PIGEON PIE. Lay a thin paste around the rim and sides of the dish; rub the pigeons with pepper and salt, inside and out; in the inside put a bit of butter, and if you like, some parsley, chopped with the livers. Lay a beefsteak at the bottom of the dish, cut into slices, not too thin, seasoned with a little salt, pepper, and cayenne, and the birds on it, breast upwards. Have four eggs boiled hard, slice them and put them at the sides; sprinkle a little pepper and salt over the pigeons; pour in a little water; cover with paste.

PARTRIDGE PIE. Line the bottom of a pie dish with slices of veal, cut moderately thick, and rather slightly seasoned with pepper and salt. Have ready picked, drawn, and trussed, a couple of young partridges; pour one glass of sherry over the veal, and lay the partridges breast to breast, laying a piece of fat bacon over each; cover with paste.

Some people, in both pigeon and partridge pie, stick the feet of the birds (nicely cleaned) in a hole in the top crust, to mark the kind of pie.

VARIOUS OTHER PIES. Hot pies may be made with mutton. They can also be made with a fillet of beef, cut into thin slices the size of a chop, or with rump steak, by laying a piece at the bottom, seasoning, and filling alternately with potatoes and meat. Veal and ham pies are excellent. You may omit the potatoes. Dip the veal, well seasoned, into flour. Veal sweetbreads and ham make nice pies. Pour in a cupful of some white gravy after the pie is baked. Rabbits and fowls, cut up, and stewed with a little butter, pepper,

salt, (and, if you choose, an onion chopped,) make most excellent pies. You can make these pies of any size, either large enough for a family dinner, or small, round, or oval, for a corner dish for a party.

If you wish the paste to look very nice, egg it over well before putting it in to bake. If you wish it to be white, use only the white of the egg well beaten; if yellow, use the whole egg.

OYSTER PIE. Have a puff paste, ready made; butter a deep dish, and invert a small teacup in the centre. This serves a double purpose—the liquor will be drawn under and prevented from boiling out, and also it will keep the crust from falling in. Put in a layer of oysters, adding a little pepper, salt, butter, and cracker, finely pounded. Continue to do this alternately until your dish is filled. Then pour in as much liquor as you can. Cover it well; it will bake in an hour. It is a good plan, after the paste is rolled, to insert on it the dish you intend baking the pie in, and cut out the cover a little larger than the dish. Cut a small circle two thirds through in the centre, which can be removed when the pie is cooked, and the remainder of oyster liquor, with a little milk, added (to make a tea-cupful) through a tunnel to the pie.

OYSTER PATTIES are nothing more than little pies baked in patty pans. The crust should be baked separately. Line the pans with puff paste; fill them either with dry flour or make a hard paste, which roll up and put into the pans; cover them and bake. When cooked, remove the balls (which can be kept for this purpose) and fill them with the oysters which have been cut up small, and stewed in their own liquor. Season them highly. Lobster, beef, veal, turkey, in fact, any meat, may be easily made into patties in the same manner. Use different seasoning with the different fish and flesh. Govern yourself by the rules laid down for *savory pies*.

POT PIES, OR MEAT PUDDINGS, AND PIES.

BEEFSTEAK PUDDING. Take a pound of flour, and half a pound of finely-chopped beef suet; a tea-spoonful of salt, and sufficient water to form a stiffish paste. Mix these well together. Butter the interior of a round-bottomed pudding bowl; line it with two thirds of the paste, rolled to half an inch in thickness. Cut up in small pieces a rump steak, with a little fat. Season with two tea-spoonfuls of salt and one of black pepper; sprinkle a little flour over them. Lay them within the paste; pour a gill of water over, moistening the edges of the paste. Roll out the remainder of paste to form a cover; put it on; press it well together with the thumb. Tie over the bowl a pudding cloth. Put it into a pot of boiling water, and keep constantly boiling for two hours. Keep the pot filled with water. When done, untie the cloth; run a sharp-pointed knife into the pudding; if it feels tender, it is cooked. Turn it over on the dish; lift the bowl carefully from it, and serve hot, immediately.

VEAL POT PIE can be cooked in the old-fashioned way, in the iron pot or in a buttered bowl. An hour will cook veal. A few slices of bacon are an improvement to a veal pie.

LAMB, MUTTON, PORK, and KIDNEYS, with a few dozen oysters, make excellent puddings. You can change the seasoning; with some, putting onions, with others, a few potatoes sliced, chopped parsley, thyme, or sweet marjoram. Potato paste is very good for these puddings; or, better still, a paste made with cream tartar and soda is much lighter than any paste, when boiled. Or, cover the meat over with crust of boiled rice about an inch thick; egg it over or not, as you please. Brown it well.

MINCE PIES. Three pounds of meat, after boiled; four pounds of suet; three pounds of apples; three

and one half pounds of sugar; three pounds of currants; three pounds of raisins; one and one half pints of wine; three gills cider; one pint brandy; ten nutmegs, and their weight in mace; cloves and cinnamon; salt to your taste; the peel of six lemons grated; the juice of three lemons; citron. This will fill twenty pies.

MINCE PIES. Two pounds of beef; two pounds of suet; two pounds of sugar; one pound of stoned raisins; one of currants; one pint of wine; two ounces of mixed spice; salt; twelve apples.

MINCE PIES. One pound of tongue; two pounds of suet; three pounds of raisins; one half dozen apples; one ounce of mace; one quarter ounce of cloves; one nutmeg; juice of one lemon; the peel of two lemons, chopped very fine; one half pound of citron.

MINCE PIES. One pound of beef, after boiling; three fourths of a pound of suet; one and one half pounds of apples, after being chopped; one pound of raisins, after stoned; one pound of sugar; some of the liquor in which the meat was boiled; wine; brandy; spice; cider. Salt to your taste.

PASTE FOR THE ABOVE. Three pounds of flour; two and one half pounds of butter; one half pound of lard, rubbed into the flour; salt. The butter rolled in twice.

PLAIN MINCE PIES. Any cheap piece of meat, boiled till tender; add suet or salt pork boiled in the liquor with the meat, and chopped or scraped fine; two thirds as much apple as meat. Sugar and spice to your taste. Lemon and a little sirup of sweetmeats will greatly improve them. Some people, after the fat has been removed from the liquor in which the meat was boiled, put in the mince and let it boil for ten minutes. This will cook the mince, and you can bake the paste if you prefer, and fill afterwards. If you have more meat than you wish to use immediately, do not add the apples to the whole, but add one half or an equal quantity of chopped apples, as you have meat, to that

you use. Keep what you do not use in a jar, for future use, and turn on a little brandy. Cover it tight, to keep the air from it. Whenever used, add the required quantity of chopped apples, and more wine or cider to moisten the meat. Champagne wine may be used if preferred.

APPLE PIES. Pare, core, and cut sufficient apples to fill the dish; put a small cup in the middle or not, as you like; one clove to every three apples; a very little pounded cinnamon; a small piece of chopped lemon peel, and sugar. Bake according to size.

You can simply stew your apples beforehand, if you so prefer; spice it as you like; sugar, and a small bit of butter; fill your pies. Or make a sirup with sugar, and preserve the apple in quarters. In this way you have nicer pies.

You can slice fresh apples very thin; grate a little nutmeg over the slices; strew sugar, and add a piece of butter.

FRUIT PIES. These are made in pie dishes, the top of which is only covered with paste. Wet the edge of dish, and put round a strip of paste about an inch wide and a quarter inch thick. Fill the dish with fruit; wet the paste on the edge, and cover with puff paste. Mark the outer rim with a roller or the back of a knife.

DRIED APPLE PIES. Wash the apples in two or three waters, and put them to soak in rather more water than will cover them, as they absorb a great deal. After soaking an hour or two, put them into a preserving kettle with the same water, and with the peel of one or two lemons, chopped fine. Boil tender; when they rise, press them down, but do not stir them. When tender, add sugar, and boil fifteen or twenty minutes longer. Dried apples, soaked over night, are made tasteless, and are mashed up by being stirred. When cooked, stir in butter, nutmeg, or clove.

HUCKLEBERRY OR BLACKBERRY PIES. Put a good puff paste on to the pie plate with a rim as directed in

making other pies. Fill the plate not quite even full. Heap the berries a little in the centre. And to each pie of common size add four large spoonfuls of sugar, if made of huckleberry; five, if made of blackberry or blueberry. Put a few small, thin slices of butter, and dredge over a very little flour before putting on the upper crust.

RHUBARB, GOOSEBERRY, CURRANT, CHERRY, PLUM, QUINCE, fresh CRANBERRY, are made in the same way. You can season them with cinnamon or nutmeg, or chopped lemon peel.

PEACH PIES. If the peaches are dried, stew them first in a little water; if fresh, pare them, cut them in halves, or slice them. Break the stones, adding the kernels to the pie. A little sugar, a very little cream, according to the size of the pie, may be put in at the same time.

DRIED PLUM PIES. Soak the plums, and stew them gently; season them with spice; sugar; put a puff paste on to the plate; then put a layer of the plums, stewed; roll out a piece of paste thin; cover them; add another layer of plums, and cover for the last time. You may have as many stories to your pie as you choose.

JELLY PIES. Make a jelly of any fresh fruit — green grapes, cranberries, or any other. Put a paste on the plate; fill it with jelly; put strips of paste, handsomely cut or twisted, across the top. Ornament according to your taste. Do not put a cover over them.

APPLES PREPARED FOR NICE PIES. The apples must be white and juicy. Cut them in small, thick pieces, into cold water; drain them and put them into a preserving kettle; a layer of apple, then some fresh lemon peel, shred finely; then cover these thick with sifted white sugar, and wet it with rose-water; then again apple, lemon, and sugar, in successive layers, until the kettle is filled. Stew them gently, closely covered,

until half or three quarters done, when remove the cover; see that they are cooking equally, taking care not to mash them. If rightly cooked, they will look clear, and in good shape. Squeeze in a little lemon juice, if you like.

EGGS.

Fresh or newly-laid eggs, when lightly cooked, as when poached or slightly boiled, are nutritive and moderately easy to digest. The lightest as well as the simplest mode of preparing eggs for the table, is to boil them, only as long as is necessary to coagulate slightly the white or glaise, without hardening the yolk. The raw yolk of the egg is often taken whipped in tea or milk, and is an agreeable and digestible food. Mixed with wine or brandy, it forms a valuable restorative and stimulant. When boiled hard, or when fried in butter or fat, eggs are commonly difficult to digest. Omelets, pancakes, fritters, and all other dishes made with eggs and fried, are injurious to persons of delicate digestion.

The albumen (the white or glaise) of eggs is used by the cook to clarify sirups and jellies. Its efficacy depends on its coagulation, by which it entangles in its meshes the impurities, with which it either rises to the surface or precipitates.

EGGS, PLAIN BOILED. Have boiling in a saucepan about a pint of water, into which put gently, with a spoon, two or three fresh eggs. Be careful not to crack them, as the egg will escape and appear on the outside. Three minutes will cook a common-sized egg; if small, from two minutes to two and a half. Eggs boiled hard for salads or sauces should not boil more than ten minutes, and when cooked, put them into cold water for five or ten minutes. Take off the shells, and they are ready for use.

POACHED OR DROPPED EGGS. Have boiling in a

spider a pint of water with a little salt. Break an egg into a cup carefully, so that the yolk is not broken, and pour it into the water as near the surface as possible. With a large spoon throw the hot water over the yolk until the white is cooked to a semi-transparent film over it. Have ready toast, buttered on a dish; take the egg out with a slice, and serve it on the toast.

HARD SCRABBLE. Take four or six eggs; beat them separately with a little salt and pepper; put a little butter into a saucepan; when melted, pour in the egg, stirring well until thick. Serve on toast hot.

BAKED OR ROASTED EGG. Butter a fire-proof dish, and into which break six eggs carefully, so as not to mix the yolks and whites; shake a little pepper and salt over them; put over them, in small pieces, half an ounce of butter. Put them in a moderate oven until set; then serve hot.

BAKED EGG. Be careful and make a small incision with a fork or pin in the large end of the eggshell, or the air there confined will expand and burst the shell, and you will lose the egg. Put as many as you wish into a pan; set it into a moderate oven, and ten minutes will cook the eggs sufficiently.

OMELETS. Take six or eight eggs; break them, keeping the whites and yolks separate; beat the whites to a stiff froth, and put into the yolks a little salt and pepper; when well beaten, mix the white and yolks together; have ready, hot, a small piece of butter in your spider, (if not lucky enough to have an omelet pan,) and pour in egg sufficient for one omelet. This mixture can be seasoned with finely-chopped ham, parsley, or grated cheese, to the taste. Be careful neither to burn or brown them too much. When ready to dish, fold one half over the other in the form of a semicircle, and send it immediately on a hot plate to table. Continue to cook until the mixture is used up, sending each one to table as it is cooked.

TOMATO OMELET. Mix two or three table-spoonfuls

of flour with a very little water; add six or eight well-beaten eggs, with salt and pepper. Peel, and chop very fine, three or four tomatoes; stir these together, and fry as above, or in one large omelet. Oysters can be used instead of tomatoes, chopping them fine.

OMELET. Break and beat well four eggs; take a tea-spoonful of flour, wet with milk, and add the eggs; put in onions, parsley, with pepper, salt and nutmeg. Fry as above.

PICKLED EGGS. Boil them until hard; throw them hot into cold water, which will make the shell slip off smoothly after the eggs have remained in it about ten minutes; boil some red beets till very soft; peel and mash them fine, and put enough of the liquor into cold vinegar to color it pink; add a little salt, pepper, nutmeg, and cloves; put the eggs into a jar and pour the beets, vinegar &c., over them. This makes a pretty garnish for fish or corned meats. Cut the eggs in slices when used.

PRESERVATION OF EGGS.

According to Dr. Bennett, in his poultry book, nothing was known scientifically about preserving eggs till M. Reaumur was led to consider the subject. He has shown that fresh eggs lose daily, by transpiration, a portion of the matter they contain, notwithstanding the compact texture of their shell, and of the close tissue of the flexible membrane lining the shell and enveloping the white. When an egg is fresh, the shell is full; and this is equally discernible whether it be broken raw or cooked. In stale eggs there is a vacancy, more or less, in proportion to the loss sustained by transpiration. Hence, to judge of the freshness of an egg, it is usual to hold it up to the light, when the translucency of the shell will enable one to see whether there be any vacancy or not; or whether the yolk and

white are mingled and thick, by the decay and bursting of the membrane which surrounds them.

Cold retards, while heat accelerates, this process of the transpiration in eggs. By keeping them in cool cellars or ice-houses, they can be preserved for a longer time, in a sound state, than if they are placed in a warm atmosphere or exposed to the sun's light. Some plan must be put in operation to exclude the air from the egg, to prevent fermentation and decay; and this can only be done by closing the pores of the shell. It is necessary that the material used for this purpose should not be dissolved by the moisture issuing from the interior. Fat or grease answers well, and Dr. Bennett recommends a mixture of mutton and beef suet, melted together over a slow fire, and strained through linen into an earthen pan. When melted, dip in an egg, and immediately take it out; it will keep for twelve months or longer. A few pounds of this fat would prepare a great quantity of eggs. Eggs prepared in this manner are good to boil; while those "put down" in a mixture of lime, salt, and cream of tartar, are fit only for puddings and brown cakes — not for the table or white cake, as sponge, almond, &c. — and when taken from the water, the greasiness can be removed with a napkin. A thin layer of grease is all that is necessary. It should be known that eggs are spoiled by being moved roughly about, or jostled when carried to a distance by sea or land. Any sort of rough motion ruptures the membrane which keeps the yolk and white apart, and when mixed they become bad and putrefy. Without doubt, sooner or later, eggs will be sold by *weight* rather than by dozens. One dozen of eggs should weigh twenty-two and a half ounces, says Dr. Bennett. A dozen then may sometimes consist of eight, twelve, or even eighteen eggs. There will be fewer complaints that this or that receipt is good for nothing, when this plan is adopted. When the richness of this or that cake depends on the number of

eggs used, surely there can be no wonder that, if made with eight large or eight small eggs, there should be much difference in the result. Eggs, with yellow, mahogany, or salmon-colored shells, are richer than those with white ones. They contain a larger quantity of yolk. These are preferred for culinary purposes, for cakes, puddings, &c. White eggs contain more albumen, and are preferred for boiling, &c., for the table. Many separate their eggs, accordingly, for eating and cooking; and when the reason for this course is better understood, most persons will follow it.

VEGETABLES.

It is beautiful to see the simple means by which so many important ends are answered in nature. Every slight accession to our knowledge opens new wonders to us, even in those ordinary operations with which, during our whole lives, we have been most familiar.

It may be useful to know the leading differences in chemical constitution which exist among the different kinds of vegetable food.

The potato is characterized by containing a large proportion of starch in connection with a small quantity of albumen—a substance in vegetables resembling the boiled white of an egg, and from which it gets its name of *vegetable albumen*.

The quantity of starch in potatoes increases during the autumn, remains stationary during winter, and in spring, after germination commences, diminishes. It is a well-known fact, that when potatoes germinate, they become soft and afterwards sweet. The gum formed from the starch renders them mucilaginous; and the sugar formed from this gum renders them sweet.

This is the reason why the potato should be sprouted, as often as it shows signs of germinating, during the winter season.

The nutritive power of the potato is by some considered very small, while others think that, when in good condition and well cooked, they form a nutritious and easily digested article of food. It is stated by Liebig, "that a horse may be kept alive by feeding it with potatoes; but life thus supported is a gradual starvation; the animal increases neither in size nor strength, and sinks under every exertion."

It should be remembered that, when the potatoes are grown where they are not supplied with earth, (in cellars,) a vegetable alkali, of very poisonous nature, is formed in the sprouts, although not the smallest trace of such a substance can be discovered in roots, blossoms, or fruits of potatoes grown in the field. Miss Edgeworth was mistaken in calling the potato ball poisonous. It is said that the water in which potatoes are boiled extracts or destroys all noxious matter; and, as both baked and roasted potatoes are wholesome, it follows that heat alone is capable of destroying the injurious principle of the potato, and if so, that the water in which they are boiled cannot be healthy. The sprouts should be carefully destroyed, and should never be given to any animal. Hard and waxy potatoes are less digestible than mealy ones; and new potatoes, being less mealy, are less digestible than old ones.

The influence of frost on the potato is purely mechanical. It does not appear that any chemical change is produced, by *freezing*, on vegetables rich in starch. If they are allowed to thaw, and are used *immediately*, before fermentation ensues, there will be no difference found between the frosted and unfrosted root.

The potato, eaten as a salad, raw with vinegar, or as ordinarily cooked, is a great preservative against the scurvy.

The turnip and carrot contain, in place of starch, a variable proportion of sugar and a gelatinous, gummy substance to which the name of *pectine* has been given. A single drop of pectic acid, mixed with the juice of

an orange, or other fruit, immediately turns it into jelly; and the Paris confectioners use it for this purpose. Soups, in which carrots have been boiled, are always gelatinous when cold, and are more easily digested, when used as food, than soups otherwise made.

In the Swedish turnip and in the beet root, sugar predominates. In the white turnip and in the carrot, the pectine is usually present in large quantities. The proportion of sugar contained in the sap of these roots is greatest when they are young. The turnip, though very slightly nutritive, is, in general, easily digested. The carrot and the parsnip are highly nutritive. Onions, leeks, and shallots, when well boiled, form mild and easily digestible aliments; but, in the raw state, the volatile oil they contain renders them acrid and difficult to digest.

Asparagus is a wholesome, agreeable, and simple kind of food.

The green leaves and leafstalks of plants are much less suited for dyspeptic individuals than farinaceous matters.

All vegetables, after being thoroughly washed, should be left in cool, fresh water, with the exception of peas, shelled beans, and sweet corn. These last should be husked and shelled with nice hands, and not washed, as some of the sweetness would be lost. Be careful and clean them from insects. Put all fresh, green vegetables into *boiling* water when to be cooked. Hard water is not fit to cook any vegetables in. Peas and beans, boiled in hard water, become incrustated with a thin coating of lime, which prevents the water from penetrating, so that they do not become soft. If you are obliged to use such water, put in a little saleratus to rectify this; or boil the water first, by which course the lime will be precipitated; or expose it for some time to the air before using it. All vegetables are nicer when fresh gathered. Peas should not be shelled long

before boiling. When peas, string beans, or asparagus are old, a little saleratus in the water in which they are boiled will make them boil more tender and look greener. Greens, lettuce, and cucumbers should be gathered in the morning early, before the dew is dried off, and put into fresh water. All kinds of green vegetables are unfit to eat after they are withered. *Dried* peas and beans should not be put into boiling water when to be cooked, but into cold water.

The French pay great attention to the cooking of vegetables. Besides using them plain boiled, they make dishes of dressed vegetables, upon which they expend as much care and attention as upon the principal dish of the dinner. In fact, they often make out a dinner from such dishes.

“It would seem as if potatoes could freeze and thaw several times during winter, without being destroyed, provided they are covered with earth all the time, for they are often found near the surface and perfectly sound in the spring, when spading up the ground in which the crop had grown during the previous season. They must have undergone freezing and thawing whenever the earth was in either state, as it often is to a much greater depth than the potato roots ever extend. Why should these roots always be destroyed when they freeze *above ground*, and not suffer when frozen *under ground*?

“The reason why potatoes, apples, &c., become soft and rot when they are frozen and thawed suddenly, uncovered and in open air, is the *sudden thawing*. You may put a heap of apples on the floor of a room, or any other dry place, where they will freeze perfectly hard, and, if covered closely with any thing that will exclude the air, when the weather becomes warm enough to thaw, the apples will remain sound and uninjured after they are thus closely thawed.

“Apples may be packed in a tight barrel, if full and headed up so as to exclude the air. They may remain

so in a garret or any dry place where it freezes hard, and they will be found sound and free from injury, if the barrel remains air-tight till they are *thoroughly thawed*. If any frozen limb or finger is exposed to sudden heat, by warming it at the fire, and thus suddenly thawed, the flesh will mortify. But if you freeze your finger, and put it into snow and rub it gently till it thaws, or put it into a pail of cool water, it will thaw gently and suffer comparatively little injury. Onions are a difficult root to keep in winter. If put into a cellar warm enough to save them from frost, they will vegetate and be deteriorated. Put them where they will freeze hard. If in a heap, cover them closely with some woollens or any thing which will entirely exclude the air. Cover them also if in barrels or casks. They will freeze hard, and they can be thawed out by putting them into a pail of cold water. Onions thus kept will be in good condition in the spring, after thawing under cover from the air.

“Parsnips, carrots, and beets should be put into boxes or casks, and then covered with potatoes; this will preserve them from drying.” — *Cultivator, Albany*.

It is not frost which destroys tender plants, as they do not wilt until exposed to the sun's rays. They must thaw gradually, like fruits and vegetables; and, if protected in the early morning from the sun's rays, the tender plants can be made to blossom some days or weeks after the early frosts. After these frosts set in, those plants will continue to blow the longest on which the sun's rays fall latest in the day. If these rays strike suddenly upon the leaf or fruit, the surface will at once be raised in temperature some degrees. The air will consequently expand suddenly, and before the sap is thawed, will have distended and torn the air vessels, and caused sap and air to be mutually intermingled.

“Though not in a state of growth, the tuber of the potato contains the living principle, and there must be

a circulation going on in it to maintain an equality of temperature throughout its substance. A sudden thawing of the exterior will, as in the leaf, expand the air before circulation can be established in the frozen mass. The solid, fluid, and aeriform substances, which nature has separated and set apart from each other, will be intermingled, and, from their mutual action, those chemical changes will be produced which will result in the potatoes' rotting."

If a sudden frost comes on, protect the delicate flowers in the early morning from the sun, and cover with straw or earth the potatoes which have been left over night in the field.

The practical application of these views are numerous; it must be left to each person to make the use which his circumstances and condition require.

POTATOES. No potato is so good boiled with the skin on, as without it, at any season of the year. They should always be pared and thrown immediately into cold water. When the potato is first peeled it has a white color, which soon changes to brown on exposure to the air. The potato will not injure if left all night in water; perhaps it is even nicer, if allowed to remain in water from four to six hours before cooking. Be sure the water *boils* when you put them into it. And also be careful that you put into it some salt, in proportion to the quantity of potatoes cooked. As soon as they are cooked tender, pour off all the water and shake them about in the kettle, exposed to the external air, for two or three minutes. You will then have a mealy, well-seasoned, good-tasting vegetable. Perhaps the potatoes will break up and not retain their shape, but this I conceive of little consequence in comparison with the delicacy of the potato obtained by this method. From thirty to forty minutes will be occupied in boiling. Potatoes will bake in a range oven or cooking stove in an hour.

MASHED POTATO. Prepare and cook them as above.

When cooked, mash them with the pestle, either in the kettle, or take them out into a wooden tray. Mash them to a smooth paste. Have ready a gill or two of hot cream or milk; if milk is used, add a large spoonful of butter and a very little salt. Stir this into the potato very thoroughly. You can simply warm it and serve it hot, or mould it into a large cake, the size and shape of your vegetable dish; egg it, and sift over it finely-powdered cracker; put it on a tin sheet, and set it in the oven to brown. Or, make it into little cakes the size of a potato, and brown them.

If there are potatoes left from dinner, mash them; add a little milk and a small piece of butter; mould them into little cakes, and fry them for breakfast.

POTATOES boiled whole, and browned on the grid-iron, are by some people much esteemed.

FRIED POTATOES. Pare and slice them thin. If you have the fat from boiled ham, or that from frying sausages, in which to cook them, it will add a much better relish than if you used butter or other drippings. Cold boiled potatoes may be cooked in this manner; they should be sliced thicker.

SWEET POTATOES may be roasted, boiled, or baked. They are drier and finer roasted in hot ashes; next, baked, and sent to table with skins on. Boil them, pare them, and serve hot.

SWEET POTATOES. These vegetables are much richer when cooked twice. Bake as many as you choose until quite soft, and peel them and put them again into the oven for one half hour. Serve them hot. This twice baking makes them more candied. You can peel them nicer when cold, so it is better to cook them early, or the day before wanted, and then finish with the second baking.

SWEET POTATOES. Boil them till soft; peel them, and rub them smooth with a little butter and a little salt. Bake in a pan, and turn out in a vegetable dish, or drop in spoonfuls over a tin sheet, and bake them.

FRIED SWEET POTATOES. Cut them in slices after being parboiled, and fry in lard, or dip the slices in batter and fry them brown.

SUMMER SQUASH. If the rind is tender, do not cut it off. Boil it in a bag, kept for this purpose. Use boiling water; three quarters of an hour will cook it sufficiently. Take the bag out into a pan and press it with the bottom of a saucer or with a ladle, till all the water runs out. Put it into a dish; add butter and salt; smooth over the top; then with a fork make rough lines from the edge to the centre.

WINTER SQUASH. Cut the squash in pieces; peel it, and take out the seeds, but do not remove the fringe, which is the sweetest part. Let your water boil before you put it in. It is better to put this into a bag, and allow the least possible quantity of water to keep it from burning. Squeeze it the same as above. Add butter and salt. Put it into your dish; smooth the top and pepper it.

TURNIPS require from one and a half to two hours to boil. Put them into salt and water to cook. Take them out into the colander; drain them well; mash them, adding a little salt and butter. They are sometimes sent to table simply sliced.

CARROTS are not a very favorite vegetable for the table. They are used in broths and soups, but chiefly sent to table as a garnish, or an accompaniment to salt fish. In summer, about an hour will cook them. In winter, an hour and a half.

BEETS make a very good addition to a winter salad, of which they may agreeably form one half instead of being only used to ornament it. Boil the beet tender; be careful when washing them not to break the little fibres which are attached to the roots, as the juices and color will be lost. Beets boil tender in one to three hours, depending on the season of the year. When boiled, throw them into cold water for five minutes; rub off the skin, and cut them lengthwise. All that

are left from dinner should be put into vinegar, with a little salt in it, to be eaten cold, as a pickle.

BEETS, DRESSED. Boil two good-sized beets tender; when cold and peeled, cut in slanting direction so as to make oval pieces. Cut into small dice two middling-sized onions; put them into a pan with two ounces of butter; fry white, stirring continually with a spoon; add a spoonful of flour, and enough milk to make a thickish sauce, adding three salt-spoonfuls of salt, four of sugar, one of pepper, a spoonful of good vinegar, and boil together for a few minutes. Put in the beet slices to simmer for about twenty minutes. Have ready some mashed potatoes, with which make a neat border round your dish one inch high. Put in the beets and sauce, and serve hot. If you have a little broth, use it instead of milk.

SALSIFY, OR OYSTER PLANT. Wash and scrape the roots well, till quite white. Boil them one hour. Put them into a tray and wash them as potatoes. Season with pepper and salt, or send them to table simply cut lengthwise as beets, pouring over them a little butter; or, after being mashed, they may be made into cakes and fried in butter.

SALSIFY, FULL DRESSED. After being boiled, dish them on toast; pour over them some good onion sauce. Or, after being mashed, season with salt, pepper, a little vinegar, and a spoonful of butter or milk. Make this into little cakes. Make a small quantity of batter; dip each cake in, and fry for five minutes in lard or fat; dish it up with fried parsley.

CELERY. Wash six heads, and strip off their outer leaves; either cut them in halves or leave them whole, according to their size. Cut into lengths of four inches. Stew them with a little broth or a little milk and salt, till tender; add pepper and nutmeg. Some people eat the celery raw, as a salad.

EGG PLANT. The purple plant is considered the nicest. Pull the stem from the plant; parboil them

and cut them in slices about an inch thick. Dip them in a batter or in an egg well beaten, and then in a pounded cracker seasoned with a little salt and pepper. Fry them of a nice brown color.

CAULIFLOWER. Choose those that are close and white. Cut off the green leaves, and look carefully about the stalk for caterpillars. Soak them an hour in cold salt and water. Boil them in milk and water; and be careful to skim the saucepan, that not the least foulness may fall on the plant.

CAULIFLOWER, DRESSED. Parboil it; then cut it into handsome pieces, and lay them in a stewpan with a little broth, a bit of mace, a little salt and pepper. Simmer half an hour; then put in a little cream, flour, and butter; simmer it a few minutes, and serve hot.

TO DRESS CAULIFLOWER WITH CHEESE. Boil a cauliflower; drain it in your colander, and cut the stalk so that the flower will stand upright about two inches above the dish. Put this into a stewpan with a little cream or milk, salt, butter, and flour; stew it a few minutes; then dish it with the sauce round it, and put Parmesan cheese, grated, over it; brown it in the oven, or heat a kitchen shovel and hold over it. Any other rich cheese will answer very well.

BROCCOLI. Cut the heads with short stalks, and pare off the tough skin; tie the small shoots into bunches, and boil them a shorter time than the heads; put salt into the water. Served with or without toast.

CABBAGE. Remove the outer leaves, and divide the stump end as far as the centre of the cabbage; put it into boiling water with some salt to boil; skim it, and boil a full hour. It can be cooked with boiled meat.

CABBAGE, DRESSED. Shred the cabbage; wash it well; put it over the fire with a few slices of onion, pepper, and salt, and a very little water or broth. When tender, or a few minutes before serving, add a little butter rubbed in flour, and two or three spoonfuls of vinegar; just boil it up.

TO MAKE SOURKROUT, OR SAUERKRAUT. This is prepared by the fermentation of cabbage. The plants are collected in autumn, divided, the stalks removed, and the leaves cut by a cabbage-slice into slices, a layer of which is put into a firkin, alternately with a layer of salt, until the vessel is filled; pressed down with heavy weights. At the end of six weeks, when the acetous fermentation is completed, it is considered fit for use. It is cooked in Germany as a stew, simply in its own liquor, with bacon, pork, or other fat meat. Caraway seeds or dill are sometimes sprinkled on the plants when they are salted.

ASPARAGUS. Scrape or peel off the tough skin from the white part; tie it up in small bunches; put it into boiling water; boil twenty minutes; dish it on slices of buttered toast; pour over a little drawn butter. The bread, toasted brown, may be dipped into the water in which the asparagus was boiled.

ASPARAGUS, DRESSED. Parboil the plants. When cooked, cut them into small pieces and fry in butter; or break three or four eggs into a dish; beat them with pepper, salt, and a little milk; add the asparagus; put this into a stew pan, with a spoonful of butter; simmer it for a few minutes. Serve this on toasted bread.

SEA KALE. Proceed exactly as for asparagus for boiling. Cut out the black part of the roots; wash it well, and tie it together. Serve it as asparagus.

PARSNIPS. Boil them an hour and a half; serve them hot, simply cut lengthwise; or mash them and warm them in a stewpan, with a little milk and butter, pepper and salt.

SPINACH requires great care in washing and picking it. When ready, throw it into boiling water with a little salt. Drain it very dry in a colander, and heat the spinach well with a bit of butter. This looks well if pressed in to a tin mould in the form of a large leaf.

SPINACH, FULL DRESSED. Drop four or five eggs into

boiling water; dish the spinach, putting the eggs on to it.

MUSHROOMS. One should feel perfectly acquainted with the different sorts of fungi before using any. Many are called mushrooms, by ignorant people, which are highly deleterious. The death of many persons has been occasioned by carelessly using the poisonous kinds.

The eatable mushroom first appears very small and of a round form, (buttons,) on a little stalk. They grow very fast; the upper part and stalk are white. As the size increases, the under part gradually opens, and shows a fringed fur of a very fine salmon color, which continues more or less till the mushrooms have gained some size, and then turns a dark brown. These marks should be attended to, and also whether the skin will peel easily from the edges and middle. Those that have a white or yellow fur should be carefully avoided; though many of them have the same smell, but not so strong as the right kind. Mushrooms, common morels, and the truffle are certainly difficult of digestion, and, on certain constitutions, act very injuriously. Invalids, and all with delicate stomachs, will act prudently in avoiding the use of this doubtful order of foods.

MUSHROOMS, STEWED. Cut off the stalk which grew in the earth; wash them; remove the skin from the top; stew them with a little water and salt. When tender, add a piece of butter braided in flour. They are very delicious.

PEAS, BOILED. Pick them well over, after they are shelled; do not wash them; put them into boiling water, adding a little salt, for about fifteen minutes; drain them through a colander; put them into a dish with a little butter. As peas grow old, boil them longer. They may be garnished with scalded mint.

PEAS. Put a quart of peas, a head of lettuce, and an onion, sliced, with butter, pepper, and salt, and no

more water than hangs round the lettuce in washing. Stew them two hours. When ready to be served, beat up an egg and stir it into them. Mint can be chopped and stewed with them.

SHELLED BEANS. Put these into boiling water, just enough to cover them; boil them for an hour to an hour and a quarter. Add salt when nearly cooked. Serve them hot with a little butter.

STRING BEANS. Beans should never be used in this way after the pod has become old enough to have a string or toughness about it. Cut off both ends, and cut them in pieces of an inch long. Boil them in as little water as will keep them from burning. Put into them a little butter.

ONIONS. Peel large onions; put them into boiling water and salt; boil them about thirty minutes. Pour off the water, then put in equal parts of milk and water, or skimmed milk alone, and boil for twenty minutes. Take them up with a skimmer; let them drain and dish them. Put on them a little butter, pepper, and salt.

GREENS. Turnip tops, mustard, and cabbage plants, the roots and tops of young beets, dandelions, and many other things make a good dish of greens in the spring. When boiled enough, they will sink to the bottom. Some take an hour, others less time, to boil tender.

CUCUMBERS should be gathered early in the morning. Peel them, and pour scalding water over them. Let them stand till nearly time to serve. Slice them, adding salt, pepper, and vinegar.

STEWED CUCUMBERS. Slice them thick; strew some salt and pepper over them; add an onion, sliced; stew these in a little water with a bit of butter; simmer slowly; put in a little flour. Add a spoonful of vinegar when served.

TOMATOES, BAKED. Pour boiling water over them; cover them, and let them stay one hour; peel them;

put in as many as will cover the bottom of a pie dish; season with pepper and salt; sprinkle bread crumbs over them, with a few pieces of butter. Then more tomatoes, with seasoning, &c., alternately, until the dish is filled. Bake them one hour.

TOMATOES. Peel them; cut them; put them into a saucepan; shake in pepper, salt, and butter; a few bread crumbs. If you please, add sugar. Stew two hours.

TOMATOES, RAW. Slice the fruit; dress them with pepper, salt, and vinegar.

SWEET CORN. Corn for boiling should be full grown, but young and tender, and the kernels soft and milky. If the grains are yellow and hard, it is too old. Pull off the silk and boil the corn, without removing the inner husk that encloses the cob. It will take rather longer to boil, but it is sweeter and will look whiter. Remove these before you send it to table. Put the corn into a very little boiling water with salt in it. Cover up tight, and the steam will cook it. When done, serve it hot in a napkin. Eaten with butter and salt. It can be cut from the cobs before being sent to table, and mixed with a little butter.

CORN OYSTERS. Grate the corn from the cobs and dredge it with wheat flour. Beat very light six eggs, and mix them with the corn. Beat them well together. Add a salt-spoon of salt. Fry these in lard or butter in round or oval cakes, about an inch thick. Or, boil the corn and cut it from the cobs; chop it fine, and mix as above.

SUMMER SUCCOTASH. Boil a peck of young green beans, having cut them into three pieces, for about thirty minutes. Drain them in a colander. Boil six or eight ears of corn, and when cooked, cut the grains from the cob. Mix together the corn and beans, adding a little salt, and warm them together a few minutes. Drain the succotash in a sieve; add butter, and serve hot.

HOMINY must be washed and boiled. Allow two quarts of water to each quart of hominy. Drain it well. Send it to table in a deep dish uncovered. Put in a little butter.

SAMP is Indian corn boiled in lye, or with potash, to remove the husks; then boiled in plain water till tender.

BEANS, BAKED. Put a quart of beans to soak over night. The next morning wash them out of this water. Put them into a pot with more cold water than will cover them; add a little salt. Put them over the fire to simmer until tender. Drain them again, and put them into a deep earthen pot. Scald and gash one and a half pounds of salt pork; place it in the beans so that the rind of the pork will be even with the top of the beans; cover them with water in which is mixed two table-spoonfuls of molasses. Bake them five or six hours. If in a brick oven, let them stand over night. Some people put in a little saleratus when the beans are boiling.

MACARONI. Have half a gallon of water; two ounces of butter, and an ounce of salt; when boiling, throw in a pound of macaroni; boil until tender. The time of boiling depends on the quality. The Genoa macaroni takes the longest time, and the Neapolitan the shortest; which last, if too much cooked, will fall in pieces.

MACARONI à l'Italienne. Boil half a pound of macaroni as above. When done, dry it on a sieve; put it in a pan with four spoonfuls of milk; add a tea-spoonful of salt, a quarter of one of pepper, a little cayenne; simmer it over the fire. When boiling, add two ounces of Parmesan cheese, grated. Stir it round till mixed. Serve it hot, with a gill of gravy round it.

MACARONI. Boil the macaroni tender; when cooked, put a layer of macaroni into a well-greased dish, a layer of grated or shaved cheese, a few pieces of butter,

and so continue until the dish is filled. Set it into your oven to brown.

AN EXCELLENT COLD STEW. Take a nice fresh white cabbage, wash and drain it, and cut off the stalk. Shave down the head evenly and nicely into very small shreds, with a cabbage-cutter or knife. Put it into a deep dish, and prepare for it the following dressing: Take a gill or half a tumbler of the best vinegar, mix with it a quarter of a pound of butter divided into four bits and rolled in flour, a small salt-spoon of salt, and the same quantity of cayenne pepper. Stir this together and boil it in a saucepan. Have ready beaten the yolks of three eggs. As soon as the mixture boils, take it from the fire and stir in the eggs. Then pour it boiling hot over the shred cabbage, and mix it well with a spoon. Set it to cool on ice or snow, or in the open air. It must be thoroughly cold before it is served.

POTATOES, *à la Maître d'Hotel*. A good breakfast dish. Boil the potatoes, and when cold cut them into rather thin slices. Put a lump of fresh butter into a stewpan, adding a little flour, about a tea-spoonful for a middling-sized dish; when the flour has thickened with the butter, add by degrees a cup of broth or water. Boil this up and put in the potatoes with chopped parsley, pepper, and salt. Stew them a few minutes, remove them from the fire, and when quite off the boil, add the yolk of an egg beaten up with a little lemon juice and a table-spoonful of cold water. As soon as the sauce has set, the potatoes may be dished and sent to table. A London recipe, and very delicious.

A SUBSTITUTE FOR ASPARAGUS. The young stalks of the milkweed, which grows by the roadside, if cut when about as high as asparagus would be, and boiled like it, and served with toast, in the same manner, makes a delicious substitute for asparagus. It is exceedingly delicate, and tastes like string beans. The plant will shoot up like asparagus after being cut.

CONDIMENTS, OR SEASONING AGENTS.

The name of *condiment* is usually given to those substances which are taken with foods for the immediate purpose of improving their flavor. But most of them serve other and much more important purposes in the animal economy than that of gratifying the palate. Most of them are, in fact, alimentary substances; as salt, sugar, oil or fat, and vegetable acids.

But all the substances used as condiments are not necessary to our existence. This is the case with the aromatic and pungent condiments. The purpose which these substances serve in the animal economy is not very obvious; they probably act as stimulants, and, in some cases, they may answer to correct the injurious qualities of the food with which they are eaten.

SALINE CONDIMENTS. Common salt is considered by most persons as a mere luxury, as if its use were merely to gratify the taste; although it is essential to health and life, and is as much an aliment or food as either bread or flesh. It is a constituent of most of our food and drinks, and nature has kindly furnished us with an appetite for it. In many cases of disordered stomach, a tea-spoonful of salt is a certain cure. In the violent, internal pain, termed *colic*, a tea-spoonful of salt, dissolved in a pint of cold water, taken as soon as possible, with a short nap immediately after, is one of the most effectual and speedy remedies known. The same will relieve a person who seems almost dead from receiving a heavy fall. In an apoplectic fit, no time should be lost in pouring down salt water, if sufficient sensibility remains to allow of swallowing; if not, the head must be sponged with cold water until the sense returns, when the salt will restore the patient from lethargy. In cases of severe bleeding at the lungs, and when other remedies have failed, Dr.

Rush, of Philadelphia, found that two tea-spoonfuls of salt completely stayed the blood.

ACIDULOUS CONDIMENTS. Vinegar, either by accident or design, has been employed by mankind in all ages, in greater or less quantity, as an aliment, or rather substances naturally containing it in small quantities have been employed as food, or it has been artificially formed, to be used and eaten. It is necessary, in one or other form, for the preservation of health. The prolonged absence from juicy vegetables or fruits, or their preserved juices, is a cause of scurvy. Vinegar is used as a condiment on account of its agreeable flavor and refreshing odor. It is employed alone or with pickles. When taken in small quantities, it is wholesome; but, of course, if immoderately used, it will cause trouble. Citric acid is employed, as a substitute for lemon and lime juice, in the preparation of cooling and refreshing beverages. Tartaric acid is employed as a cheap substitute for citric acid or lemon juice. Besides being cheaper, it has another advantage over citric acid; it is not deliquescent (or does not contract moisture) when exposed to the air. Cream of tartar is used in making cooling drinks. There are other acids, contained in fruits and vegetables, which are constantly employed and necessarily eaten by all.

OILY CONDIMENTS are oils derived from the seeds of fruit called *vegetable oils*. They are used raw, as in almonds, walnuts, flaxseed, cocoa-nuts, and nutmeg, and other fruits. They are also pressed, as olive oil or sweet oil, oil of almonds, and many volatile, or essential oils. The sweet or savory herbs, such as mint, marjoram, sage, &c., owe their peculiar flavor and odor to volatile oil contained in the leaves. In fact, all fruits and leaves, and some vegetables, as onions, garlic, with the spices, owe their grateful odor and taste to volatile oil. These oils, prepared, sold, and dissolved in spirit of wine, form the essences for flavoring, &c.

SACCHARINE CONDIMENTS. Sugar is usually regarded

as a nutritious substance, but Liebig declares it is merely an element of respiration. Many insects feed on sugar or saccharine liquids. It is said that during the sugar season, at the West India islands, every negro and every animal, even the dogs, grow fat. The fondness of children for sugar seems a natural instinct, since nature, by placing it in their milk, intended it to form a part of their nourishment. It is said that the eating of sugar spoils the color of, and corrupts, the teeth. This is a mistake. It is not the sweet itself, but the sweet, allowed to remain about the teeth, and becoming acid, which produces the trouble. Sugar is extensively used to prevent the decomposition of fruits, roots, and even stems and leaves, as in preserves. In these cases, sugar acts by excluding air, or by absorbing moisture, or both together. Its efficacy is sometimes of another kind, as when it assists in making jellies solid. Latterly, sugar has been employed to preserve meat and fish, instead of salt.

AROMATIC AND PUNGENT CONDIMENTS I have spoken of in the volatile and essential oils.

For eating or cooking, ALMONDS should be blanched, on account of the injurious qualities of the husk.

BITTER ALMONDS are more or less poisonous to all animals. Dogs, pigeons, &c., are readily destroyed by eating these nuts. When eaten in large quantities, bitter almonds have caused fatal consequences. The oil of bitter almonds is a very powerful poison, being four times as powerful as prussic acid. A single drop will kill a cat in a few minutes. From this fact it is highly improper for ignorant persons to employ it, yet it is extensively used by cooks and confectioners for flavoring.

BUTTER is employed as a condiment. When rancid by keeping, or when melted by heat, it is injurious to the dyspeptic.

It should be generally known, that a small quantity of VINEGAR will generally destroy immediately any

insect that may find its way into the stomach, and a little SALAD OIL will kill any insect that may enter the ear.

MUSTARD. Mix the best flour of mustard with boiling water, to a proper thickness, rubbing it perfectly smooth; add a little salt, with a tea-spoonful of sugar, to a half pint of mustard. Instead of water, milk may be used, adding a little cream. This makes the mustard less biting and more delicate. It will keep well so mixed.

The mustard may be mixed and kept covered in a jar, and only so much as is daily used put into the glass belonging to the castors. Nothing looks worse than an ill-kept castor.

KITCHEN PEPPER SAUCE. Mix in a fine powder one ounce of ginger; of cinnamon, black pepper, nutmeg, and Jamaica pepper, half an ounce each; ten cloves and six ounces of salt. Keep it in a bottle. It is a pleasant addition to any brown sauces or soups.

RIPENING FRUITS.

Many persons are in the habit of plucking fruit before it is ripe, to perfect itself in the house. If the ripening of fruits by nature were fully understood, or if the chemical changes which take place, between the opening of the flower and the ripening of fruit or seed, were more fully comprehended, few, I think, would prefer this method. The fruit, in which the seeds of many plants are enveloped, is at first tasteless, afterwards more or less sour, and finally sweet. In the first stage of the plant's growth, the starch of the seed is transformed into gum and sugar; and subsequently, in the last stages of existence, the sugar and the sweet and milky sap are gradually transformed into starch in the formation of the seeds. Chemists can explain the mode and manner by which the first transition is

effected ; the latter, however, is inexplicable. They can transform starch into sugar, and therefore we can readily believe in such a process going on in the plant ; thus far, however, no method of *reconverting* sugar into starch has been discovered. It is said that nitrogen is given off by the flower leaf. It is known that this element is present in the coloring matter of the petals, and that it is a necessary constituent of the albumen and gluten, which are always associated with the starch of the seed. The fruit absorbs carbonic acid, and gives off oxygen, and thus extracts from the atmosphere a portion of the food, by which its growth is promoted ; and if, as they become colored, fruits imitate the petals of flowers, in absorbing oxygen and giving off carbonic acid and nitrogen, it will also represent the changes which take place when fruits are permitted to ripen on the tree or in the open air. Light is absolutely necessary to the health of all plants and fruits, in growing and ripening. When plants are shut out from light, they are "blanched," as it is termed. It has the same effect as a continued night would have upon them. The purposes of the leaf are entirely different, according as the sun is above or below the horizon. The leaf becomes green, and oxygen is given off in the presence of the sun, while, in his absence, carbonic acid is disengaged, and the whole plant or fruit is blanched. There can be little doubt that the juices of fruits are matured by the influences of the solar rays and the atmosphere. The chemical changes by which the high flavor is gradually produced depend upon these influences. It has been proved that fruit cannot ripen, if placed in an atmosphere deprived of oxygen. All fruits are at first insipid and woody—very like to the leaf and woody fibre in their substance. In this state, they absorb carbonic acid largely, like the leaves, and thence derive much of their nourishment. As they increase in size, they absorb oxygen, and grow acid. At last, the harsh flavor gives place

to a sweet and agreeable taste, from the formation of sugar and the disappearance of the chief portion of the acid and woody fibre. Now it may be that this last process requires nothing but the internal energies of the fruit, acting upon the materials it has stored up within. If so, removal from the air may not prevent the operation; possibly it may simply retard it. If this be the case, fruits may perhaps be kept longer by plucking before fully ripe. We know, however, that fruits growing on the shady side of the tree, or in close and shaded situations, are of far inferior sweetness and delicacy of flavor. They retain somewhat of the woody character and the sour taste, showing plainly that the last or ripening process is more or less imperfect. It would seem probable, therefore, that we shall impair the richness and delicacy, as well as healthfulness, of fruit, by plucking it any considerable time before its point of perfection. It is likely, too, that we may retard its decay, without serious injury to its quality, by taking it from the tree just before it becomes mellow. It is evident that such is the case with regard to those called *winter fruits*, that never become mellow until after winter has set in.

BAKED AND STEWED FRUITS.

BAKED SWEET APPLES. Wash well the apples; place them in a pan with a very little water, that the juice may not burn; if they are to be cooked in a brick oven, then put the apples in a jar; cover them close, and bake them five or six hours. Sweet apples should be baked long after they are tender.

BAKED SOUR APPLES. Wash well the apples; place them in a pan; pour in a tea-cupful of water and one of sugar; bake them slowly till done. Eat them with cream and the juice which cooks from them.

BAKED PEARS. Pare them, and put them into a jar.

To a dozen pears allow a cup of sugar. Set them in a brick oven, well covered, for five or six hours. They will be of a fine red color.

CODDLED APPLES. Take windfalls, or fall apples; wash them, and put half a peck into a preserving kettle; add a half of a cup of water, sweetened with a large cup of sugar, or half a cup of molasses. Cover them, and boil gently until tender.

Some persons like pears boiled with corned meat, to be eaten with it.

STEWED PEARS. Pare, halve, or quarter any large winter pears; throw them into cold water as you pare them, to prevent them from turning black; put them into a stewpan, and sprinkle as much sugar as will make them pretty sweet; add lemon peel, a clove or two; just cover them with water. Cover them, and stew three or four hours.

TO STEW DRIED APPLES. Wash them in two or three waters, and put them to soak in rather more water than will cover them. After soaking an hour or two, put them with the same water into a preserving kettle, with some lemons, cut up. Boil them till tender, and when the apples rise up, press them down with a spoon, but do not stir them. Add sugar when they are tender, and boil for twenty minutes longer. Stir in a piece of butter, nutmeg, cinnamon, or clove, to your taste.

PRESERVES.

A kettle should be kept on purpose to preserve in. Iron ware, lined with porcelain, is better than any. Brass *will do*, but if not very bright, and if any thing, acid is allowed to stand in it any time, it becomes covered with verdigris, and is poisonous. Bell metal is better than brass.

The art of making nice preserves, and such as will keep, consists in the preparation of the sirup. All

sugars are better for being clarified, and for brown sugar this is absolutely necessary. It is said that there are mineral substances used in the process of making crushed sugars which injure the flavor of preserves; therefore, the loaf sugar is the best, and in the end will be found to be the most economical. Raw sugars may be clarified with charcoal or a little lime, or any other alkali, which will prevent them from absorbing moisture and neutralize the acid which all raw sugars contain, and which prevents them from keeping. The sirup should be strained through flannel when thus clarified.

The best refined loaf sugar should be white, dry, fine, and of a brilliant, sparkling appearance when broken, and as close in texture as possible. The best sort of brown sugar has a bright, sparkling, and gravelly look. East India sugars are finer and better refined, though they do not contain so much saccharine matter as some others. Russia loaf sugar is by far the nicest, and the Philadelphia crushed sugar is said to be the sweetest.

Preserves should be boiled very gently. This is necessary, lest the sirup should burn, and to allow the sugar to penetrate thoroughly the fruit.

It is the boiling of sugar which more or less constitutes the chief art of the confectioner; and those who are not practised in this knowledge, and only preserve in a simple way for family use, are not aware that in two or three minutes a sirup over the fire will pass from one gradation to another, called by confectioners "degrees of boiling," of which there are seven, and these subdivided. I am not versed in these minutiae, and only make the remark to guard against under-boiling, which prevents sweetmeats from keeping; and quick and long boiling, which brings them to candy. Jellies of fruit, made with equal quantity of sugar, a pound to a pint, require no very long boiling.

Preserves keep best in glass jars. You can also readily see when fermentation commences, without opening them.

When preserves are cold, cover them close, and if not to be used for some time, paste paper over the top. When opened, if a thick, leathery-looking mould covers them they need no attention; but if speckled with mould, taste them, and if injured, remove these specks, and put the jar into cold water over the fire and boil it, skimming it well. If they do not taste acid, let them stand a while, but do not forget to look at them soon. The specks may be but the mould commencing, which is not of any moment.

The juice of fruits, by prolonged boiling, often loses its power of gelatinizing, as the matter which forms the jelly has been coagulated or destroyed. The vegetable acid of the juice, under the influence of heat, is converted into an acid which is very soluble in water, and does not possess the property of becoming jelly. Glass is best to put jellies into. When they are cold, papers the size of the opening of the vessel should be dipped in brandy and laid over the top, and a cloth then tied carefully on the whole. Be careful that no tinned article is used in preserving red fruits, as the acid will act on the tin, and the color of the sirup will be changed to a bluish tint.

When a flannel bag is used to strain sirup, or in fact when any strainer is used, it should be wrung out very dry, in hot water; this prevents a wasting of the article strained, as the dry flannel must be saturated before any liquid will pass through it.

TO CLARIFY SUGAR. Break as much sugar as you require into small lumps, and put a pound to every pint of water. Put it over the fire, with the beaten white of an egg and a little charcoal, if brown sugar is used. Let it boil up, and when ready to boil over, pour in a very little cold water to check it. When it rises a second time, take it off the fire and set it aside for a quarter of an hour, during which time the impurities will settle and leave a scum on the top. Remove this gently, and pour off the sirup so carefully that you do not disturb the sediment.

TO CANDY ANY SORT OF FRUIT. When finished in the sirup, put a layer into a sieve, and dip it suddenly in hot water to take off all the sirup that hangs about it. Sift over some sugar on all sides till quite white. Set in on the shallow side of a sieve in a warm oven, and turn it two or three times. It must not be cold until dry.

TO PRESERVE QUINCES. The orange quince is the best to preserve. Peel and core the quinces; weigh them; put a pound of sugar to a pound of fruit. Boil the quinces very tender in water. When all are cooked, make a sirup of the water and sugar; then put in as many of the quinces as the sirup will cover, and let them boil about thirty minutes. Take them out to cool on a flat dish and put in more, until all are boiled. Then boil up the sirup again, and strain it hot over the quinces in a jar. If you wish to increase the quantity, without additional expense, have as many sweet apples cored, quartered, and pared as will weigh one third as much as the quince. When the quince is done, put in the apples and boil them soft. Put quince and apples into the jar alternately. The flavor of the quince will penetrate the apple.

QUINCE MARMALADE. Pick out the poorest of the quinces; pare, core, and boil them in as little water as will cover them. When soft, take them out. Weigh them before boiling, and put a pound of sugar to a pound of fruit. Mash up the fruit, and boil the fruit and sugar together; then strain through a coarse sieve, and put it up in small jars.

QUINCE JELLY. Prepare quinces as above; cut them in small pieces, and boil them in water with the seeds, cores, and parings, about one hour. Strain through a sieve; measure a pint of juice to a pound of sugar; boil these together about twenty minutes, and strain into moulds. The quinces strained out will make good marmalade with the addition of sugar.

TO PRESERVE PEACHES. Use a pound of sugar to a

pound of fruit. Pare the peaches and strew the sugar over them, and let them stand over night. The next day pour off the juice and clarify it, and boil the peaches in it till tender. Take them out to cool, then put them into jars and pour the hot sirup over them. Let them remain two or three days, and if the sirup has become thin on the top, boil them up again, and put into jars when cold.

PEACHES. Weigh to a pound of peaches a pound of sugar; put the fruit into a kettle, and pour over them boiling water to cover them, and let them boil fifteen or twenty minutes. Take them out to cool, and skin them; be careful to preserve the shape of the peaches. Take a little of the water that they were boiled in, add the sugar, and let it boil until it becomes a sirup. Preserve but few at a time. When done, put them on a dish to cool; lay them carefully into a jar; boil the sirup a few minutes after the peaches are cooked, and strain it hot over them.

BRANDY PEACHES. Prepare them as above, excepting the sugar; take three quarters of a pound of sugar to one pound of peaches. When cooked, allow a quart of white brandy to a quart of sirup. Put the peaches hot into cold brandy, and when they are cold, put them into the jar; strain the sirup hot upon the peaches and brandy.

ORANGE MARMALADE. Skin the oranges very thin, and cut out the pulp, and boil the rinds very tender, and mash them fine. Boil three pounds of loaf sugar in a pint of water; skim it, and add one pound of rind. Boil it until the sirup is thick, stirring it carefully; then put in one pint of the pulp and juice, removing the seeds, and one pint of apple liquor; boil all gently until jellied, which will be in one half hour. The celebrated orange or Scotch marmalade is prepared with Seville oranges and sugar, with apple liquor, and sometimes a little balsam of Tolu is added for flavoring.

LEMON MARMALADE is made in the same way.

TO PRESERVE CITRON MELON. Pare and slice the melons; boil them in weak alum water until transparent, and then soak twelve hours in water. Make a sirup, allowing one pound of sugar to one pound of fruit; stew it moderately for two hours; add three lemons, sliced, to a large melon, with some ginger root or some preserved ginger if you please.

DAMSON. A pound of sugar to a pound of fruit; make a sirup; put in the plums, and boil thirty minutes. Let them cool; then put them into jars. Boil the sirup after you take out the plums, and pour it boiling hot over them.

Green Gages and Egg Plums are preserved in the same way. The egg plum must be pierced with a large needle, to prevent it from bursting.

CRAB APPLE. Leave the stems on. A pound of sugar to a pound of fruit. Pierce the apples; make a sirup; put in the apples, and boil them forty minutes. Take them out carefully; when cold, put them into jars; having boiled the sirup, pour boiling hot over them.

APPLE JELLY. Take a dozen good apples, peel and cut them into quarters; add a pint of water, and let them simmer one half hour. Strain the liquor off from the apple; let it settle, and add a pint of juice to a pound of sugar; boil ten minutes, and strain into moulds or jars.

RASPBERRY JAM. A pound of fruit to a pound of jelly. Put a layer of fruit, then a layer of sugar into a wooden or China vessel till all the sugar and fruit are used up. Let this stand over night. In the morning put it into a kettle, and boil it gently one hour, stirring it often. Put it into jars, and in four or five days look at it; and if the sirup rises at the top, boil it one half hour longer.

RASPBERRY, OR BLACKBERRY JELLY. Stew the fruit; strain it through a sieve, and to a pound of sugar put

a pint of juice; boil it thirty minutes, then strain it through a sieve or bag. Let it stand three days, then cover it.

CURRENT JELLY. The currants should be ripe and fresh picked. Stew them in a very little water, just enough to prevent them from burning. Let them stew till tender; strain them; put a pint of juice to a pound of sugar, and boil thirty minutes. Take a spoonful out in a plate, and set it on ice; if it is done, it will stiffen in five minutes. Strain it through a fine sieve into small jars; place them in the sun two days. Put a piece of paper, wet in brandy, on the top, and tie them up. The currants may be put into a pitcher, and the pitcher into hot water, to extract the juice. In this case, put no water with the currants. Barberries mixed with the currants make a richer flavored jelly than currants alone.

APPLE JELLY. Half a peck of apples, pared, cored, and stewed in two quarts of new cider; strain the liquor from the apples, adding or not the juice of a lemon. Add one and a half pounds of sugar, and then boil from twenty to thirty minutes. The pulp may be sweetened for apple sauce.

CRANBERRY JELLY. One quart of cranberries; one pint sugar; one half pint water; let these simmer together about one half hour. Strain it through a sieve, and the cranberries make a good sauce.

BLACKBERRY SIRUP. To two quarts of juice of blackberries add one pound of sugar; one half ounce nutmegs; one half ounce cinnamon, pulverized; one fourth ounce allspice. Boil all together for a short time; when cold, add a pint of good brandy. From a tea-spoonful to a wine glass, according to the age of patient, to be given in the summer complaint.

BARBERRIES. Allow two pounds of sugar to three quarts of berries.

PINE APPLE. Weigh equal quantities of fruit and sugar; slice the apple, and strew the sugar over each

slice, and let it stand over night. In the morning, take out the apple, and boil the sirup. When it boils, put in the apple, and boil till tender, or from fifteen to twenty minutes. Remove the apple, and boil the sirup ten minutes, skimming it well. Pour it hot over the apples. Strawberry jam is made as raspberry jam.

GRAPE JAM. Stew grapes till soft, and strain through a sieve. Weigh the fruit, and add a pound of sugar to a pound of fruit. Boil twenty minutes together, stirring it often.

TO PRESERVE PINE APPLE WITHOUT BOILING. Choose large, well-ripened fruit; pare them with a sharp knife, and remove all the black specks. Slice the fruit about half an inch thick. Allow one pound and a quarter of sugar to one pound of fruit. Put into a wide-mouth jar (glass, if possible) first a layer of sugar, then fruit, till it is filled. Make the layers of sugar twice as thick as the fruit. Cover the jar closely, and place it in a cool place. The sirup is most excellent for flavoring.

STRAWBERRIES AND RASPBERRIES. Allow a quarter of a pound more than the weight of the fruit to every two pounds of berries. Put them into jars, a layer of sugar, then of berries alternately. Cover them closely. If you find that they are fermenting, scald them.

Plums or any berries may be kept in the following manner: Put them in stone jars, or wide-mouthed bottles, and cork loosely; set them up to their necks in a boiler of cold water, and boil it. When cold, fill the bottles with cold water, cork them, and keep them in a dry place. Perhaps a thick mould will appear on the top; do not remove it until you wish to make use of the fruit, and then do it very carefully.

BLACK CURRANT JELLY. Strip large, ripe currants from the stalks, and mash them with the back of a spoon or ladle. Put them into a preserving kettle, with a tumbler of water to each quart of currants. Cover

them closely. When the currants have boiled, strain them through a jelly bag. To each pint of juice allow a pound of sugar. Boil the juice and sugar together about ten or fifteen minutes.

PUDDINGS.

The outside of a pudding sometimes tastes disagreeably; this arises from the negligence of the cook in not washing and drying the pudding cloth well. Most puddings are nicer boiled in an earthen bowl or tin pudding boiler, than in cloth alone. These, however, must be tied in a cloth, not only for convenience in removing them from the pot, but as a safeguard to prevent water getting into the pudding. If a bag alone is used, make it very tight by stitching the seams very closely. Cut it so that it will be narrower at the bottom than at the top, and the corners rounded. When used, let the seams be outside. Sew a tape or twine on to the seam, about four inches from the top of the bag, to tie it with. When used, dip your bag into boiling water, squeeze it dry, and flour it well. Put it into a pan and pour in the pudding, and tie up the bag very tightly, by drawing it together as closely as possible. Allow a little room for the pudding to swell. Put it into *boiling* water. After some ten or fifteen minutes turn it over, to prevent the flour or fruits from settling on one side. Turn the pudding some half dozen times during the first half hour. Keep it always covered with *boiling water* if a cloth bag is used. Have your tea-kettle full of boiling water, from which to replenish the pot. When you take it up, put your pudding bag into the colander, and pour over it a little cold water. This prevents the pudding from sticking to the cloth. Untie the string, and gently open the bag; lay it open, and put over it the dish it is to be served in; turn it over and remove the colander with the bag very gently, not to break your pudding.

Batter puddings should be strained through a coarse sieve, when all mixed. In all other cases where eggs are used, strain them first. Always butter the pans or basins, and flour the cloths. If hot milk is used, be careful and not add the eggs until it is quite cool, otherwise your eggs are cooked, and they add neither lightness nor good appearance to the pudding. Very good puddings can be made *without eggs*, but they must have as little milk as will mix them, and must boil three or four hours. A few spoonfuls of yeast will answer instead of eggs, or soda with cream of tartar.

Snow is an excellent substitute for eggs, either in puddings or pancakes. Two large spoonfuls will supply the place of one egg, and the article it is used in will be equally good. It should be *fresh-fallen snow*. The under layers of snow may be used. The surface which is exposed to the air loses its ammonia by evaporation very soon after it has fallen. It is the ammonia contained so largely in snow which imparts to it its "*rising power*."

Beat yolks and whites separately. This will make as much difference in puddings as in cakes.

For pumpkin, squash, ground rice, and potato puddings, boil the milk, and also for bread and plum puddings, except where the bread or cracker is soaked over night. If raisins are used, scald them with the bread, and let them stand two to three hours. Suet should be carefully picked from shreds and chopped very fine.

In mixing batter puddings, sift the flour, and pour on very little milk at first — gradually pour on the remainder, stirring well. This should be done carefully, as it is difficult to stir out the lumps when too much milk is poured on at once. After the flour is stirred smooth in part of the milk, add salt and eggs, then the remainder of the milk. When berries are to be added, put them in last. A batter pudding with berries requires at least one third more flour than one without.

To cut a boiled pudding, without making it heavy, lay your pudding-knife first on one side and then on the other upon it, just long enough to warm it.

When essences or oils are added to puddings, *always* drop them on to a lump of sugar. If you attempt to put any oil in without so doing it will not mix with the other ingredients, but float upon the surface.

Dried orange and lemon peel are excellent for seasoning.

Peach leaves give a better flavor than any spice. Boil them in the milk, and take them out before you add the other ingredients. Experience will teach one, the number to be used.

The most digestible pudding is that made with bread, or biscuit, or boiled flour, grated. Paste puddings or dumplings are extremely indigestible; batter pudding is not easily digested, and suet puddings are to be considered as the most mischievous to invalids in the whole catalogue. Pancake is objectionable, on account of the frying imparting a greasiness. Boiled Indian meal puddings are not very indigestible, and are far preferable to wheat. It is well to mix your puddings, whether baked or boiled, an hour or two before cooking them.

SAGO is the pith of the stems of various species of palm. It is manufactured in the Moluccas, and is imported from Singapore. There are three kinds of it — sago meal, pearl sago, and common sago. Sago meal is a whitish powder, not much used. Pearl sago consists of small, pinkish or yellowish grains, about the size of a pin's head. Common sago is found in grains varying in size from that of grains of pearl barley to that of peas; its color is brownish white, each grain being whitish on one part of its surface, and brown on the other. Sago is nutritive and easy of digestion.

TAPIOCA. This is made from the tuberous root of a poisonous plant growing in Brazil. It is called, in one shape, Brazilian arrowroot, but when in the form

of irregular lumps, it is called *tapioca*. It has acquired this form from being dried on hot plates. In its nutritive qualities, tapioca corresponds with sago. It is purer, however, being free from coloring matter. It is less apt to become sour on the stomach, during digestion, than any other farinaceous food. It is very good food for children when they are weaning.

ARROWROOT is a pure, white powder, made from the roots of a tuberous plant growing in the West India islands. That from Bermuda is most esteemed. It is a nutritious, easily digestible diet for invalids and children.

Children fed upon arrowroot, or indeed any kind of farinaceous food which does not contain ingredients fitted for the formation of bones and muscle, become fat rather than truly vigorous. Their limbs appear full and rounded, but they do not acquire strength, nor are their organs properly developed.

CHRISTMAS PLUM PUDDING. This recipe has been handed down from Governor Prince, of the Old Colony, to his descendants.

Take a common size brick loaf, of a day old; remove all the crust, and then slice it very thin, into mere shavings; one pound of raisins; one pound of currants, after they are stoned and cleaned; six ounces of kidney beef suet, chopped as fine as possible. Take a large tin baking pan, butter it, and spread a layer of suet on the bottom; then a layer of bread, a thin layer of currants, raisins, suet, and citron, in succession, until the bread is expended. Boil one half ounce of cinnamon in two quarts of milk; add sugar to your taste, with a nutmeg and one glass of brandy, two of wine, and three of rose water. Before putting the milk to boil, put in twelve eggs, well beaten. Strain this custard, and pour it gently over the bread into the pan until all is absorbed. Let it stand at least two hours before baking. Bake it in a hot oven about two hours. It requires no sauce. It will have a delicious

custard interwoven with the bread, raisins, &c. It may be baked the day before used. When cool, turn it out on to the dish in which it is to be sent to table. When you wish to use it, cover it with the pan in which it was baked, and set it on a pot of boiling water to warm. This will take two to three hours.

PLUM PUDDINGS. Three and one half dozen of milk biscuits; two and one half dozen eggs; two pounds of beef suet or butter; two pounds of currants; two pounds of raisins; two quarts of milk; three nutmegs; one half ounce of cinnamon; two pounds of sugar.

PLUM PUDDINGS. Twelve groat biscuit; fifteen eggs; three pounds of suet; three pounds of raisins; two pounds of currants; one and one half pounds of sugar; one half pint of wine; one gill of rose water; one half ounce of mace; one half ounce of cloves; a little salt.

PLUM PUDDING. Two quarts of milk; thirteen groat biscuit; nine eggs; two pounds of raisins; a little salt; sugar to your taste; spice.

PLUM PUDDING. Ten groat biscuit, break them up; pour over them three pints of milk, and let them stand over night, and the next morning, rub the crackers through a colander. Beat up eight eggs; one pound of sugar; one cup of molasses; one of brandy; three quarters of a pound of suet, chopped fine; or butter; one table-spoonful of salt; two nutmegs; half a spoonful of mace; one spoonful of cloves; quarter of a pound of citron; one pound of currants; and one and a half pounds of raisins. This pudding may be either baked or boiled in a tin or earthen mould, or cloth. Allow it to boil full four hours. To be served with cold sauce. To any of these plum puddings can be poured over one half a tumbler of brandy, and set fire to, just as it is sent to table. This makes a very pretty appearance, and the flavor of burnt brandy is an improvement to the pudding.

PLUM PUDDING. Pound one dozen Medford crackers; pour over them two quarts of boiling milk; cover

it, and let it stand until cold. Add half a pound of beef suet, chopped fine; two and a half tea-cups of fine sugar; one tea-spoon of fine mace; one of cloves; one of cinnamon; one nutmeg, grated; one gill of wine or brandy; two tea-spoonfuls of rose water; and little salt; fifteen eggs. The last thing, add a quart bowl of stoned raisins, well floured, to prevent their settling. Three hours will bake this.

PLUM PUDDING. Seven biscuits; three fourths of a quart of milk; four eggs; six ounces of suet or butter; raisins, spice, and sugar.

CUSTARD PLUM PUDDING. Pound six groat crackers fine; soak them over night in three pints of milk. The next morning, add six eggs; one nutmeg; a little lemon; three fourths of a pound of raisins. Bake two hours.

PLUM PUDDING. Take a brick loaf a day old, or about one pound of bread, and pour over it a quart of milk; if mixed in the morning, the milk should be scalding; if over night, the milk should be cold. Pass it through a colander. Add six or eight eggs; two pounds of raisins; spice and sugar, to your taste.

PLUM PUDDING, FOR THANKSGIVING. Forty-eight groat biscuits; six quarts of milk; forty-five eggs; two pounds of butter; four tea-spoonfuls of cloves; four tea-spoonfuls of mace; six of cinnamon; eight nutmegs; five quarts of raisins; four gills of rose water; eighteen cups of sugar; four glasses of brandy; citron if you choose. Scald the bread and butter with the milk. Those who are fond of cold plum pudding will find this a very nice recipe.

BOILED PLUM PUDDING. The raisins first dried a little in the oven. Then put a layer on the bottom of the mould, well buttered. Dip some slices of sponge cake into a rich batter, to soften it; then lay it on the raisins; then again raisins; then cake, as before. Proceed thus until the mould is full. Boil one hour.

BOILED PLUM PUDDING, WITHOUT EGGS. Pour over twelve crackers, after they are broken, one quart of

milk; let it stand over night; strain it through a colander. The next morning, add a quarter pound of suet; a pound of raisins; half a pound of currants; a little salt; and a tea-cup of molasses. Boil it three to four hours. To be eaten with a rich sauce.

EVE'S PUDDING. Six eggs; six apples, chopped fine; six ounces of suet; six ounces of cracker, pounded; six ounces of currants; six ounces of sugar; a little salt and nutmeg. Boil it three hours. Serve with wine or brandy sauce.

EVE'S PUDDING. Pound three fourths of a pound of crackers, and mix it with the same quantity of fine suet, apples, and dried currants; seven eggs; and the rind of a lemon, chopped fine. Boil it three hours.

MARLBOROUGH PUDDING. Six large, sour apples, stewed; six eggs; six ounces of butter; peel of a lemon, grated; the juice of two lemons; two milk biscuits; rose water if you please. Use eight eggs, if the biscuit are omitted. Bake in deep plates, with a rich puff paste, and rather a thick edging.

MARLBOROUGH PUDDING. To two quarts of sour apples, after they are stewed and strained, put one half of a pound of butter; sugar to your taste; peel of two and juice of three lemons. When cool, add thirty-two eggs; one quart of cream. Do not put these puddings into the paste until just as they are set into the oven.

The apples to either of these recipes may be grated or-chopped exceeding fine, instead of stewing them. Perhaps the flavor is little better.

MARLBOROUGH PUDDING, WITHOUT LEMON. Six ounces of sour apples, grated; six eggs; eight ounces of sugar; four ounces of butter; a pint of good cream, (not too thick;) one glass of wine; two nutmegs.

MARLBOROUGH PUDDING. Twenty-four apples; one and three quarter pounds of sugar; one pound of butter; four groat biscuits; four gills of rose water; peel and juice of four lemons; nutmeg and cinnamon.

POTATO PUDDING. To two pounds of white potatoes,

boiled and mashed smooth, add one half pound of butter; the yolks of eight eggs, and the whites of three; one half pound of sugar; one half pint of wine; one nutmeg; two gills of cream. Bake in deep dishes with a rich puff paste and rather a thick edging. Some persons put in one half pound of dried currants.

POTATO PUDDING. One pound of potatoes; one gill of wine; one gill of cream; seven eggs; the juice and peel of two lemons; one quarter pound of butter; sugar to your taste. Strew over the top an ounce of citron, shred fine.

POTATO PUDDING, EATEN HOT. One pound of sifted potato; one half pound of butter; one half pound of sugar; ten eggs; one glass of wine; one of rose water. Put no paste round the dish. Bake this in one hour. Serve it with cold sauce.

BAKED ALMOND PUDDING. Blanch one half pound of almonds; beat them smooth in a mortar; one spoonful of rose water; one of cream or milk, thickened with one large spoonful of pounded biscuit; one half pound of sugar; seven eggs, and one nutmeg.

BOILED ALMOND PUDDING. Blanch one pound of almonds; beat them in a mortar to a smooth paste, with three tea-spoonfuls rose water. Add one gill of wine; one pint of cream; one gill of milk; one egg; one spoonful of flour. Boil one half hour.

BREAD AND BUTTER PUDDING. Cut the bread in thin slices; butter them, and put a layer into a well-buttered dish. Strew currants, raisins, and citron, or sweet-meats over it. Then another layer of bread and fruit, so on, until the dish is filled. Beat six eggs, with one pint of milk, a little salt, nutmeg, and a spoonful of rose water; sweeten to your taste, and pour it over the bread. Let it soak one or two hours before baking. Bake one half hour.

LEMON PUDDING. The rind of two lemons and juice of one; one pint of cream; one half pound of sugar; seven eggs; one quarter pound of butter. Baked in deep dishes with a puff paste.

LEMON PUDDING. Chop very fine the rind of three large lemons; beat yolks of twelve eggs and whites of six, with one half pint of cream; two groat biscuit; one half pound of sugar; one quarter pound of butter; one gill of rose water; with the juice of three lemons. Bake in a puff paste. You can stick in the top some strips of citron. Bake three fourths of an hour. Serve hot.

COCOA-NUT PUDDING. One pound of grated cocoa-nut; one pound of sugar; one quarter pound of butter; twelve eggs, leaving out six whites; four spoonfuls of rose water; four of cream; the rind of one lemon and juice of two. Break the nut and remove the black skin carefully; wash the pieces in cold water, and wipe them dry. Stir the butter and sugar to a cream, adding the rose water and cream gradually. Beat the eggs well and separately; stir them into the butter and cream, then sprinkle in the nut. Bake in a deep dish with a puff paste. Bake it one half hour. Sift sugar over it when baked.

COCOA-NUT PUDDING. Grate one nut; take the weight in sugar; add a little of the milk of the nut, enough to make a sirup. Boil them, adding the peel of a lemon grated or chopped very fine; and when cold, stir all together with six eggs. If the nut is large, eight eggs will be needed.

COCOA-NUT PUDDING. Grate the nut and save the milk if it is sweet, not rancid. Boil a quart of milk and pour upon it; add five eggs, with a cup of sugar; an ounce of butter; two table-spoonfuls of rose water; a little salt. Bake it in a rich paste.

GROUND RICE PUDDING. Two quarts of milk; one quart of cream; eighteen eggs; the juice and peel of four lemons; nine table-spoonfuls of ground rice; one quarter pound of butter; sugar and rose water to your taste. Boil the milk; mix the rice with a little cold milk, then stir it into the boiling milk; let it boil to thicken; stir it that it may not lump. When cool, add eggs and other ingredients. Put a paste round the dish.

GROUND RICE PUDDING. Mix two and one half large spoonfuls of rice in a little cold milk; stir it into one quart of boiling milk; let it boil fifteen minutes, stirring it constantly. When cold, add five eggs; a little lemon; sugar to your taste, and bake it one hour. Put a paste or not, as you prefer, on the dish.

BAKED FLOUR PUDDING. Boil one quart of milk; when entirely cold, add it gradually to eight table-spoonfuls of flour; eight eggs, yolks and whites beaten separately; a little salt. Bake one hour.

SUNDERLAND PUDDING. Nine eggs; nine gills of milk; nine large spoonfuls of flour; a little salt. Boil or bake it.

SUNDERLAND PUDDING. One pint of milk; six spoonfuls of flour; six eggs; a little salt. Boil or bake it.

SUNDERLAND PUDDING. Ten table-spoonfuls of flour; ten eggs; one quart of cream. Bake or boil it. Either of these last recipes can be baked in one dish an hour, or in small cups one half hour.

CORN PUDDING. Gather the corn when in the milk, neither too young nor too old; parboil it; grate it fine. To one dozen and a half ears of corn add a pint of milk, one half pound of sugar, four eggs, and a little salt. Bake slowly three hours.

BREAD PUDDING. One brick loaf; five eggs; one and one half gill of fine suet; two table-spoonfuls of sugar; one quart of milk; salt and spice. Baked one hour.

BOILED GROUND RICE PUDDING. Four large spoonfuls of ground rice; four eggs; one quart of milk; a gill of cream; some raisins or currants. Boil it in a tin boiler.

BOILED GROUND RICE. Boil one quart of milk, and stir in as much ground rice as possible; then mix in nine eggs, well beaten, and add a small piece of butter. Tie in a bag very tightly, and boil two hours.

GROUND RICE PUDDING. One gill of ground rice; three fourths of a pound of sugar; one quarter of a pound of butter; nine eggs; one nutmeg; one glass

of wine; one spoonful of rose water. Put the rice, wet with cold milk, into the boiling milk. Boil it a few minutes, and when cold, put in the eggs and other ingredients.

GROUND RICE PUDDING. Stir in four table-spoonfuls rice into one quart of boiling milk; add one half pint of cream; six eggs; the peel and juice of one lemon; sugar to your taste; one quarter pound of butter. Bake with puff paste around the dish.

SAGO PUDDING. Wash one half a pound sago in three or four waters; put it into one quart of milk. Boil these together till thick, stirring it carefully. Stir in, when hot, one half pound of butter; when cold, add eight eggs, beaten well; four spoonfuls of wine; two of rose water; sweeten to your taste. Bake this in paste or not, as you like.

SAGO PUDDING. Boil one and one half pints of new milk with four spoonfuls of pearl sago; lemon peel, cinnamon, and nutmeg; sweeten to your taste; add, when cool, four eggs.

SAGO PUDDING. One gill of sago to one quart of milk. Boil together; add a little butter, four eggs, two table-spoonfuls of sugar.

SAGO PUDDING, WITH WATER. Boil eight table-spoonfuls of sago in one quart of water, with a stick of cinnamon. When it is thick, add a little butter; a glass of wine; sugar to your taste. When cold, add four well-beaten eggs. Bake it one half hour.

TAPIOCA PUDDING. Take a coffee-cup of tapioca; put it to soak in a pint of water over night. In the morning, add three pints of milk, a piece of butter, a spoonful of rose water, nine eggs; sugar and spice to your taste. Raisins may be added if you like.

TAPIOCA PUDDING. Take a pint bowl of tapioca, and put it to soak in a quart of water. Have six or eight apples, peeled and cored, put around in a dish. Pour one quart of boiling water on the tapioca, and boil it. Let it thicken well; sweeten it to your taste.

When thick, pour it on the apples and bake it one hour. You can make a very good pudding by boiling tapioca in either milk or water, adding a little salt. To be eaten cold, with sugar and cream.

SQUASH PUDDING. Four pounds of squash; two quarts of milk; eighteen eggs; two glasses of wine; one pound of sugar; two crackers; butter or cream; nutmeg or cinnamon.

SQUASH PUDDING. One quart of sifted squash; one quart of milk or cream; sixteen or twelve eggs; one pound of butter; one and one fourth pounds of sugar; two nutmegs; four spoonfuls of rose water; two or four groat biscuits.

SQUASH PUDDING. To nine spoonfuls of strained squash, add one quart of boiled milk; seven eggs; a little salt; three table-spoonfuls of wine; two of rose water; the peel and juice of a lemon; sugar to your taste. Baked either with or without a paste.

PUMPKIN PIES may be made in the same manner as squash. Both may be made less rich. They are very good without eggs, substituting a little more pumpkin or squash, and one cracker, pounded, to a quart of milk. Omit the wine and rose water, using in their place cinnamon and a very little ginger. Both pumpkin and squash should be boiled in as little water as possible.

SWEET POTATO PUDDING. Boil or bake the potatoes; rub them through a sieve. Three pints of milk; thirteen eggs; three pounds of potato; a little butter; nutmeg, cinnamon, and mace; a tea-spoonful salt. This pudding may be made in less expensive manner, as pumpkin pies. It is necessary to make them a little thicker with potato, as pumpkin swells more.

APPLE PUDDING. Make a good puff paste; roll it out half an inch thick; pare and core the apples; fill the paste, and boil it from one to two hours, or, if large, from three to four hours.

APPLE PUDDING. Two pounds of flour; three quarters of a pound of butter; one pint of cold water; ten large apples, peeled and grated.

APPLE PUDDING. Make a crust of eight potatoes, boiled and mashed; add half a pound of butter, rubbed well into the potatoes, adding as much flour and cold water as will make a stiff paste; peel, quarter, and core the apples; roll out the paste an inch thick; dip the pudding cloth into water; lay it into the colander; flour it well, and lay over the crust; fill it with the apples; sprinkle in a tea-spoonful of cinnamon; cover the paste over, and tie up the cloth close, and put it into boiling water. Boil this three hours, turning it over occasionally. Be careful and keep the pot full of water.

CARROT PUDDING. One half pound of grated carrot, and one pound of bread crumbs. Beat six eggs well, and add one glass of wine, one half a nutmeg, and mix well together; a pint of cream; two ounces of sugar. Bake it in a dish lined with puff paste.

BOILED RICE PUDDING. Take two cups of rice; wash it well in cold water; put it in a tin pudding boiler, with two quarts of water and a little salt. Boil this two hours. Or, tie up two cups of rice, with a little salt, in a cloth loosely, so as to give room for the rice to swell. Boil this two hours. Or, put one quart of milk or water, with a little salt to boil; when it boils, stir in two cups of well-washed rice; stir it up well; cover it until it begins to boil, when stir again, and keep off the cover; boil it twenty minutes; remove it from the fire, and cover it again to steam. It can be put into a form, and covered to keep hot. Some people stir in two eggs, well beaten, when taken from the fire. It will turn out in form in about fifteen or twenty minutes. When the rice is swelled, one half pound of raisins may be stirred in.

BAKED RICE PUDDING. One gill of rice; two thirds of a cup of molasses; one tea-spoonful of cinnamon; one of salt; a small piece of butter. Stir this together, and add a quart of milk. Bake this in a moderate oven. Stir it occasionally for the first hour. Bake three hours.

BAKED RICE PUDDING. Two gills of rice; one quart of milk; six eggs; a cup and one half of sugar; a little lemon, nutmeg, and salt. Bake one hour.

TRANSPARENT PUDDING. Beat eight eggs; put them into a saucepan with half a pound of sugar; one half pound of butter; one nutmeg. Put it over the fire, and stir until it thickens; when cool, put it into a rich puff paste, and bake it in a moderate oven. It will cut light and clear. Citron is an improvement.

CRACKER PUDDING. Four biscuits, pounded and swollen, in one quart of milk; eight eggs; sugar and spice to your taste.

DRIED APPLE, OR DRIED PLUM PUDDING. Make a rich paste; roll it out, and spread over it, about an inch thick, apples stewed, or cranberries, or raisins; roll it up, and put it into a cloth; tie it at both ends. Boil it from one to two hours.

HUCKLEBERRY PUDDING. One brick loaf; one quart of milk; three eggs; two quarts of berries.

HUCKLEBERRY PUDDING. Make a stiff batter with one pint of milk; two quarts of berries stirred in. Boil three hours. If made of blueberries, it must be made stiffer than for huckleberry.

HUCKLEBERRY PUDDING. Make a paste with one quart of flour and half a pound of butter; rub one half the butter into the flour; mix this with cold water; roll it out, and put on the remainder of the butter in little pieces; roll it out half an inch thick; spread the cloth, previously dipped in water and well floured, over the colander; lay the paste on it; fill it with berries; tie the cloth tight; put it into boiling water, and boil two hours.

BLACKBERRIES, BLUEBERRIES, and CHERRIES may be made in the same manner.

BUNN PUDDING, WITH FRUIT. Stew together one quart each of huckleberries, raspberries, and blackberries; one pint of currants, and one pound of sugar. Take toasted buns; put a layer of buns on the dish,

then a layer of the preserve, then another layer of bunnns, and so on until the dish is full. Let it stand three or four hours. Serve with sugar and cream.

BAKED HUCKLEBERRY PUDDING. Make a rich batter, with four or six eggs to one quart of milk; stir in one quart of berries. Bake it one hour.

BOILED CUSTARD PUDDING. One pint of cream; six eggs; two spoonfuls of flour; one half nutmeg; salt and sugar to your taste; butter the mould; and boil one half hour. Turn it out very carefully. You may put currant jelly over it, and serve with sweet sauce.

A CHARLOTTE. Cut as many thin slices of bread as will cover the bottom and sides of a pudding dish, well buttered; put apples in thin slices into the dish until full, strewing sugar between them, and a few bits of butter; have ready as many thin slices of bread as will cover the whole, soaked in warm milk; cover with them, and lay on, a plate and weight, to keep the bread close on the apples; bake slowly three hours. For a middling-sized dish, use one half pound of butter.

BAKED APPLE PUDDING. Stew until tender a dozen apples; then stir in one half pound of sugar; four ounces of butter; half a nutmeg; the peel and juice of one lemon, and four eggs. Put a puff paste round the dish. Bake it one half hour. Sift sugar over it when cooked.

APPLE SUET PUDDING. Two gills of milk; one gill molasses; one pint apples, chopped; one pint suet; flour sufficient to stiffen it. Boil this four hours.

BIRD'S NEST PUDDING. Pare and core twelve apples; put them into a buttered dish. Pour over them a rich custard. Bake an hour.

BIRD'S NEST PUDDING. Pare eight apples; core them, and lay them in a buttered dish. Beat four eggs with four spoonfuls of flour, adding, gradually, three gills of milk, and a little salt. Pour this over the apples, and bake an hour. Served with sauce.

BUNN PUDDING. Bunns can be obtained in Boston,

at the shops, already toasted. Put as many in the dish as will conveniently stand. Mix a good custard and pour over the bunnings; let it stand from one to two hours. If the custard is absorbed, fill up with more, and bake an hour and a half.

MACARONI, OR VERMICELLI PUDDING. Take two ounces of macaroni; simmer it until tender, in a pint of milk. When cooked, add a pint of cold milk; five eggs; a tea-cup of sugar; flavor with peach water. Bake it one hour.

PINE APPLE PUDDING. Peel the pine apple, and take care to get out all the black specks, and grate it. Take its weight in sugar, and half its weight in butter; rub them together to a cream, and stir them into the pine apple. Add six eggs and a large cup of cream. Bake with or without paste.

CUSTARD PUDDING. Beat eight or four eggs; add a half pound of sugar; stir these into one quart of milk; season it with peach, lemon, or vanilla. Pour it into a well-buttered dish. Put a pan into the oven half full of water, and set the pudding dish into it. Bake it three fourths of an hour.

You can put paste round deep dishes and bake this custard in it. Bake three quarters of an hour. It is a good plan to cut a rim of paper and put on to the paste, to prevent it from scorching after it has browned sufficiently, and before the pudding is baked.

BOILED ARROWROOT PUDDING. Four table-spoonfuls of arrowroot; two of sugar; four eggs; one quart of milk. Wet the arrowroot with a little milk, and put the remainder to boil. Beat the eggs and sugar, and beat them well into the arrowroot. Add a little salt. When the milk boils, stir them in; it will thicken in a moment. Wet a mould with water, and pour in the pudding. Eat it with sugar and cream.

BAKED ARROWROOT PUDDING. Stir into a quart of boiling milk two heaping table-spoonfuls of arrow-

root, wet with milk. When cool, add five eggs, a little salt, lemon, nutmeg, and cinnamon. Baked in deep dishes, lined with a puff paste.

BAKED INDIAN PUDDING. Boil one quart of milk, and pour it over two and one half gills of Indian meal; one gill molasses; seven eggs; little butter and salt. Bake from one and a half to two hours, according to the depth of dish.

BAKED INDIAN PUDDING, WITH APPLES. Pare twelve sweet apples, and core them. Have ready six gills of Indian meal, mixed with one gill of flour, a tea-spoon salt, a tea-cup of molasses, and a little chopped suet. Boil the milk, and pour it on to the meal very gradually; then stir in the other ingredients. Pour the whole over the apples. Bake three hours.

BOILED INDIAN PUDDING. One pint of Indian meal, wet with molasses; one tea-spoonful of salt. Stir in two quarts of boiling milk, gradually; a small piece of butter; dried orange or lemon peel. Boil two hours.

BOILED INDIAN PUDDING. One quart of milk; three and one half gills meal; large tea-spoon salt; one gill of molasses. Boil three hours.

BOILED RYE PUDDING. To a pint of cold milk put three heaping spoonfuls of sifted rye meal, a little salt, and three eggs. Boil it one hour in a buttered mould. This pudding will swell but little.

BAKED RYE PUDDING. One pint of milk; one pint of meal; six eggs; and a little salt; a small cup of sugar.

CAROLINA SNOW BALLS. Take cores out of as many apples as you wish snow balls, and fill the holes with orange or lemon peel, cut fine. Allow two spoonfuls of rice to cover each apple, and tie each one in a cloth, and boil an hour.

SQUASH PUDDING, WITHOUT EGGS. One quart of squash; one quart of milk, with the weight of one cent of carrageen boiled in it. Strain the *hot* milk on to the *hot* squash. Butter, sugar, and spice.

YORKSHIRE PUDDING. To be baked under roast beef. Mix six spoonfuls of flour with one quart of milk, and three eggs, well beaten; a little salt. Butter a tin cake-pan; pour in the batter, and put the pan under the meat to catch the drippings. When brown on one side, turn the other side up, and brown it. To be eaten with the meat. It is a pleasant accompaniment.

PANCAKES, OR FRITTERS. One pint of milk; four eggs; a little salt; flour to make a light batter; a nutmeg, grated, or a few drops of essence of lemon. Have ready some hot lard; drop in a large spoonful of batter, and fry of a light brown. Served with wine and sugar, or hot cider, sweetened to your taste.

APPLE FRITTERS. Make a batter, the same as the preceding; slice apples about a quarter of an inch thick; dip the apples in wine or brandy; dip them in the batter; take out, with a spoon, a slice of apple with some batter; drop it into hot lard, and fry brown. In making these batters, *snow* may be used instead of eggs.

SPANISH FRITTERS. Cut a roll into slices as thick as your finger, of any shape you choose. Soak them in a quart of milk or cream, mixed with nutmeg, sugar, and three eggs; one wine glass of wine. When well soaked, fry of a nice brown, and serve with sauce.

Fritters may be made with peaches in the same way as apples. The fruit may be soaked in wine or brandy, previously, if liked, but they do not fry so well. Serve them on a napkin, and sift sugar over them.

FRITTERS, WITH MARMALADE. A quarter of a pound of flour, mixed well with four eggs, beaten; then add half a pint of milk or cream; a little grated nutmeg. Put a very little lard into the spider, and when hot, put in two table-spoonfuls of this mixture. Let it spread over the pan; fry it brown on both sides. When you have cooked each one, take it up and spread over any

marmalade you choose; roll them up, and sift sugar over them. Serve on a napkin, hot.

APPLE AND CRACKER PUDDING. Six apples, stewed and rubbed through a colander; six eggs, beaten well, added when the apple is cold; the juice of one lemon; six ounces of sugar; rub the rind well with sugar; stir into the apple, when hot, two ounces of butter; six soft crackers pounded and sifted. Put a layer of cracker on the bottom of pudding dish, then put in a little butter, then one half of the apple, and again crackers; put a few pieces of butter over the top. Stick in, if you choose, some almonds. Bake one half hour. This quantity will make two puddings. Tapioca, swelled and boiled, used instead of crackers, makes a nice dish.

SAVORY RICE. Wash some rice; stew it gently in some mutton or veal broth, with an onion, pepper, mace, and salt. When swelled and tender, dry it on the shallow side of a sieve before the fire. Serve it either dry, or put it into the middle of a dish and pour the gravy around it. When rice is used as a vegetable, this is a nice way of cooking it. If you have no broth, use water, with a little piece of butter, and the spices as above.

BREAD PUDDING. Take some stale bread, cut it in thin slices into some cold milk, and let it stand two or three hours, mash it with a spoon, and have it the consistency of hasty pudding. When soft enough, add eight eggs, well beaten, to a quart of milk, and a little salt. Boil it in a bag or boiler.

CURATE'S PUDDING. To one pound of mashed potatoes, while hot, add four ounces of suet and two ounces of flour; a little salt, and as much milk as will give it the consistency of common suet puddings. Put it into a dish, or roll it into dumplings, and bake it a fine brown.

BIRDSNEST SAGO PUDDING. Soak one half pint of sago in three pints of water, until uniformly swelled. Pare and core ten or twelve apples. Fill the holes with

sugar. Place these apples in a pudding dish. Pour over the sago so that it will just cover the apples, and bake until the apples are soft.

RUSK PUDDING. Soak seven or eight rusks in a custard, made of five or six eggs to a pint of milk, until they are soft. Brown them in butter and serve with a rich sauce.

SWEET APPLE PUDDING. One pint of scalding milk; one half pint of Indian meal; tea-spoon of salt; six sweet apples, cut in small pieces, and stirred in. To be baked not less than three hours.

TAPIOCA PUDDING. One quart of blood warm milk poured on a tea-cup and a half of tapioca, directly after breakfast. One hour and a half before dinner put into it four eggs, and let it steam one hour. To be eaten with sugar and cream.

TAPIOCA PUDDING. One gill of tapioca; three eggs; one tea-spoonful salt; three gills of milk; sugar and spice. Scald the tapioca after soaking it with water, and well beat it, till it is a jelly.

LEMON PUDDING. One quart of new milk; four ounces of butter rubbed with two table-spoonfuls flour, and put into the milk when boiling; sugar to your taste. When cool, add eight eggs, well beaten; the grated rind and juice of two lemons, when about to bake it. Bake three fourths of an hour. Paste if you please.

SWEET DISHES.

The digestibility of the different varieties and forms of gelatinous matter is not uniform. Calves' foot jelly, when freshly prepared, is readily digested by invalids. Isinglass and hartshorn jellies are probably easy to digest. But other forms of this aliment, as in gelatinous liquids, such as soups, hashes, and stews, are obnoxious to dyspeptics on account of the effect of heat on the fat and gelatinous matter of which they are composed.

Isinglass jelly has been found a better article of nourishment in cases of cholera infantum in children, when teething, than farinaceous substances.

The finest kinds of isinglass are imported from Russia and Siberia. The American is less carefully prepared, and has a somewhat fishy flavor. It, however, is very good as a fining or clearing agent in coffee and wine.

The "patent refined gelatine" is a pure kind of glue, prepared for domestic purposes. It is prepared, by preference, "from the cuttings of the hides of beasts, or of the skins of calves, freed from fat, hair, and flesh." It is sold in the form of cuttings, and one can easily see why it is a cheaper preparation than isinglass. These patent substitutes for isinglass and calves' feet are, of course, inferior in nutritive power and digestibility.

Hartshorn shavings, or the raspings of the antlers of the deer, are employed in the preparation of jellies.

Pigs' feet, cows' heels, and sheep's feet, make a very good jelly or soup.

Two shins, well soaked in water, will make the same quantity of jelly as four calves' feet, and in winter season, when it is difficult to obtain feet, they are very useful.

COLORING TO STAIN JELLIES, ICES, OR CAKES. For a beautiful red, boil fifteen grains of cochineal, powdered with a drachm and a half of cream of tartar, in half a pint of water, for one hour. Add, in boiling, a bit of alum, the size of a pea; or, beet root, sliced, with some liquor poured over it. For yellow, yolks of eggs, or a bit of saffron, steeped in the liquor, and squeezed. For green, pound spinach, or beet leaves; express the juice, and boil it in a tea-cup; set it in a saucepan of water to take off the rawness.

CHARLOTTE RUSSE. A custard made of one pint of milk and four eggs, leaving out the whites of two; one half a vanilla bean, and a little rose water to flavor it. Make it very sweet. Dissolve one ounce of isinglass, and stir it into the custard. Beat to a froth one

pint of rich cream, and when the custard is mixed with the isinglass, pour it over the frothed cream, stirring it well. Fix lady-finger cakes, or slices of sponge cake, in the mould, and when the mixture is cool, pour it in and set it on ice till served. If, when all mixed, the custard does not seem frothy, churn well with a whip-stick till it does, before putting it into the mould. The isinglass should be kept warm while the custard thickens, and then added.

You may make a richer custard with ten eggs, leaving out six whites. From the whites you may make *snow*.

SNOW. Whites of six eggs; six apples, stewed, and passed through a sieve; sugar to your taste; a little lemon juice, and beat these together till perfectly stiff.

CHARLOTTE RUSSE. Dissolve one ounce of isinglass, or gelatine, in a cup of new milk; beat the yolks of twelve eggs and one pound of white sugar together. Whip to a froth half a pint of good cream, and beat to a froth the whites of twelve eggs. Strain the isinglass into the yolks; add the cream, then the whites, and beat it all together. Flavor it with vanilla. Line the moulds with sponge cake, and turn in the cream, and set it on the ice for five or six hours.

CHARLOTTE RUSSE. One ounce of isinglass; dissolve it in a cup of new milk, flavored with two teaspoonfuls of essence of vanilla. Strain this, when dissolved, into a pint of rich cream, made very sweet and beaten to a froth. Put this on ice, while you beat to a stiff froth the whites of seven eggs, and add them to the cream. Let this stand in a bowl or pitcher, on ice, until it is set through, not to be too stiff. Line the moulds and pour it in. Set it on ice till served. One dozen and a half of finger cakes will be sufficient. You can dip the cakes into the white of egg to stick them together, letting them stand one half hour before filling.

CHARLOTTE RUSSE. Take one quart of cream, and

whisk it until it is quite stiff with froth. Put one ounce of isinglass in a saucepan, with a tea-cupful of boiling water, and let it remain where it will scald without boiling until the isinglass is dissolved. Take a half pint of milk, two stocks of vanilla, about an inch and a half long, or flavor with essence of rose. Boil this till milk is reduced to a gill. Take yolks of three eggs *well* beaten, and stir them into the milk while on the fire. Then add the isinglass, with three quarters of a pound of sugar. Stir it until it is cooled, to about the consistency of soft custard. Then strain it through a sieve, or coarse cloth. When nearly cooled, add the cream, and stir them well together. It is better to add the whites of three or four eggs, to be beaten up with the cream. Line your moulds with long strips of sponge cake, or ladies' fingers, and pour in the material. Before serving, pour a glass of mareschino cordial on to the sponge cake part; a little added to the custard is sometimes approved. The cakes can be dipped in the white of egg to keep them in place, and to stick them together.

DECOCTION OF ISINGLASS. One ounce of isinglass dissolved in one gill of rose water, or simple water if other flavoring be used.

DECOCTION OF HARTSHORN is prepared by boiling one ounce of the shavings in two quarts of water, down to one quart. When sweetened, it is a pleasant drink.

CALVES' FOOT JELLY. Take four feet, and boil them in one gallon of water, to two quarts. Strain it to cool, and when cold take off the fat; put the jelly on the fire with one pint and a half gill of wine, and one gill of brandy; one pound of loaf sugar; the juice of five lemons, and the peel of two; the whites of seven eggs, with the shells. Boil all together for one half hour, then pass it through a thick flannel bag until clear.

CALVES' FOOT JELLY. Boil four feet in a gallon of water, until reduced to one quart. Strain it and let it stand until cold. Then skim off the fat, adding to the

jelly one pint of wine, one half pound of sugar, the whites of six eggs, and the juice of two and peel of one lemon. Boil all together with the shells of the eggs. Strain it through a flannel bag into moulds.

GELATINE AND ISINGLASS JELLY are made as above, using one ounce to one quart of water; a pint of wine; three lemons; one pound of sugar; the whites and shells of five eggs. Boil it five minutes, and strain it as above.

HARTSHORN JELLY. One pound of shavings of hartshorn boiled in three quarts of water, to one quart; add wine as above, and proceed as above directed.

MARESCHINO JELLY is made by mixing six *liqueur* glasses of mareschino with a quart of clarified calves' foot or isinglass jelly. Peaches, or other fruits, cut in quarters, may be added.

RUM PUNCH AND NOYEAU JELLY are made as above.

FRENCH JELLIES may be made with all kinds of fresh fruits, filling the mould by degrees, the jelly first; let it set, then put in fruit and then jelly, and so on alternately till full, the mould being buried in ice. In winter, fruits preserved in sirup may be used, waiting each time you pour on the jelly for it to cool, that the fruit may keep in place.

WHIPPED JELLIES may be made of any of the above, by placing some warm jelly in a large bowl on ice, and when nearly cold, whisking it to a froth. Pour quickly into moulds, and let it remain till served.

ORANGE JELLY. Half of a pound of hartshorn shavings, or four ounces of isinglass or gelatine, and dissolve it, boiling the shavings to a strong jelly; the juice of nine oranges, with the juice of three, and peel of two lemons. Sweeten to your taste. Add the whites of eight eggs, and boil them together for ten minutes. Strain it as other jellies, into moulds.

LEMON JELLY is made as above, using the juice of six lemons with the rind of one, adding one gill of white wine.

BOHEMIAN JELLY CREAMS may be made of any flavor, as jellies, and either ripe or preserved fruits, or with marmalade or jam; to which add the juice of two lemons, a pint of water, one ounce and one half of gelatine, or one pint of calves' foot plain jelly. Stir together in a bowl on ice; when nearly cold, stir in very quickly two thirds of a pint of whipped cream; fill the mould; put on ice, and serve.

Cherries, strawberries, raspberries, currants, and gooseberries should be passed through a sieve. Peaches, pears, pine-apples, quinces may be cut in quarters or slices. Creams may be flavored to the taste. Beat the yolks of five eggs, with six ounces of sugar, until quite thick and white; dissolve one ounce of isinglass and mix the yolks with a pint of milk, adding the decoction; boil ten minutes, and flavor to your taste. When cool, set on ice, adding two or three glasses of *liqueur*, wine or brandy; keep stirring it constantly, and when setting, add three fourths of a pint of well-whipped cream. Mix together, and put into moulds, on ice, till served.

CHARLOTTE STRAWBERRY. Line a plain round mould with ripe strawberries, by burying the mould in ice to the rim, and dipping the berries in jelly, first covering the bottom with them cut in halves, afterwards putting up the sides, the jelly, cool, causes them to adhere; when finished, put in a cream, as for Charlotte Russe. The cream must be nearly set when poured in, or it will run in between the fruit.

BLANC MANGE. To one quart of milk add one ounce of dissolved isinglass, a quarter of a pound of sugar; flavor to your taste. Just bring the milk or cream to a boil, and strain it through flannel. Wine may be added.

JAUNE MANGE. Three fourths of an ounce of isinglass; one half pint of water; add the juice and rind of a lemon; pint of white wine, and sugar to your taste. When cool, add the beaten yolks of four eggs;

put it over the fire again until nearly boiling, then strain and put into moulds.

JAUNE MANGE. One ounce of isinglass to six gills of water; juice of two lemons; two gills of wine; one of brandy; one half pound sugar; whites of six or eight eggs; yolks of four. Proceed as above.

CALVES' FOOT BLANC MANGE. Prepare the feet as for jelly; to one quart of stock add one pint of cream or milk; sweeten and flavor to the taste; bring it to a boil, then strain; put it into mould, and set it on ice for six or eight hours.

CARRAGEEN, OR MOSS BLANC MANGE. Take as much moss as will fill a coffee-cup; put it into a bowl, and pour boiling water over it, and let it stand about ten minutes; wash it out, and soak it over night in little cold water; put water and moss into three quarts of milk the next morning, and boil ten minutes; sugar and flavor to the taste. Strain it through a very fine sieve or bag, into moulds.

DUTCH FLUMMERY. Dissolve two ounces of isinglass in one pint of water; add one pint of wine, juice of three lemons, and rind of one; sweeten to your taste; beat the yolks of seven eggs; add them, and just boil it; and strain into moulds.

VELVET CREAM. Half an ounce of isinglass dissolved in a cup and a half of white wine, juice and rind of one lemon, and three quarters of a pound of sugar; simmer together; strain it, and set it to cool; add a pint and a half of rich cream, stirred well until quite cool; put into moulds, and set on ice till served.

A BIRDSNEST. Put some orange chips into the bottom of your dish; put on some warm jelly, and let it cool; then add some eggs made of blanc mange, and pour over some jelly, so cold as not to dissolve the blanc mange; do not cover the eggs entirely. Ornament it with some shreds of lemon peel.

APPLE FLOAT. Eight or ten apples, peeled, cored, strained, and stewed. After the apple is cool, add the

beaten whites of three eggs, the juice and peel of one lemon ; sweeten to your taste, and beat these ingredients to a froth ; beat the yolks of three eggs, with a pint of cream or milk, and sweeten ; scald this, and when nearly cold, pour it into a glass dish, and put the apple on the top.

AN EXCELLENT TRIFLE. Lay macaroons, plum cake, and pound cake, cut in small pieces and soaked in wine, in a dish ; then a thick layer of soft custard ; a thin layer of jelly, jam, or preserved fruit of any kind ; fill the dish with these alternate layers ; then put on the top a whip. Strew colored sugar plums over, if you choose.

WHIP SYLLABUB. One quart of cream ; three gills of white wine ; juice of one lemon ; whites of six or eight eggs. Sweeten it well, and whisk it thoroughly. Served in jelly glasses.

TIPSY CAKE. Cut a sponge cake in slices ; blanch some almonds, and split them fine, and stick the cake full of them ; fill a deep glass dish with the slices, and pour over as much wine as the cake will absorb, and let it stand an hour ; then pour over as much soft custard as the dish will hold.

WHIP OR CREAMS IN GLASSES. Put some jam or jelly into the bottom of jelly glasses, and pour in a whip or cream. This may be colored with a few spoonfuls of juice of any kind of fruit, of the color you wish. Beat up the whites of eggs to a strong froth, coloring them or not, and sift fine sugar over them, and put it to the oven to brown a little.

ARROWROOT BLANC MANGE. To three spoonfuls of Bermuda arrowroot add a quart of milk, a large spoonful of crushed sugar, rose water, vanilla, and a little salt ; wet the arrowroot with cold milk, and boil the rest ; when it boils up, stir in the arrowroot, and boil it up a minute or two. Put it into a mould.

COTTAGE BLANC MANGE. Beat the yolks of three eggs with two spoonfuls of crushed sugar, and beat

the whites to a stiff froth ; put them into a dish which is to be sent to table, adding a quart of milk and flavoring it, and stir these well together, and when mixed, stir in a spoonful and a half of rennet wine. In cold weather, warm the milk. This will thicken in a few minutes. Without eggs, this may be made very good.

CUSTARDS. Pint of milk ; pint of cream ; sugar to your taste ; eight eggs ; boil a little cinnamon in the milk, and add to the rest ; do not boil the whole of the milk, as it makes the custard tough ; flavor to your taste.

MACAROON CUSTARDS. Boil one quart of milk, and pour it, when cool, to the yolks of fourteen eggs, well beaten ; flavor it to your taste ; put it over the fire, and boil it thick, and sweeten it ; pour it into the dish you send it to table in, and place over the top a layer of macaroons ; beat the whites to a stiff froth, and put it over the cakes ; sift some sugar over, and put it into the oven to brown, for fifteen minutes.

ALMOND CUSTARDS. One quart of cream ; one half pound of almonds, blanched and chopped very fine ; two spoonfuls of rose water ; sweeten to your taste ; eight eggs ; or beat the nuts to a paste with the rose water.

CUSTARDS. One quart of milk ; flavor to the taste ; beat eleven eggs, leaving out five whites ; rub a lump of sugar over the rind of a lemon, and boil twenty minutes.

CUSTARDS. Six gills of milk ; two of cream ; three spoonfuls of wine ; eight eggs, leaving out the whites of two.

SOFT CUSTARDS. Ten eggs, leaving out the whites of four ; one quart of cream ; stir well together, and sweeten and flavor to your taste. Set the pitcher into a pot of boiling water to cook the custard, and stir it constantly until as thick as cream. When taken from the fire, stir the custard until nearly cold.

Three or four eggs to one quart of milk make very good custards.

SOFT CUSTARD. Boil a pint of milk or cream with four eggs, well beaten, with one quarter pound of sugar; flavor it to your taste; strain it through a gauze sieve into a pitcher, and put the pitcher into boiling water, and let it boil until it thickens; stir it constantly after it becomes warm; if it curdles, it is spoiled. When cool, put it into glass custard-cups.

FRENCH CUSTARD. Sweeten with loaf sugar a quart of milk; flavor it with peach or vanilla; put it into a flat saucepan to boil, and beat to a froth the whites of eight eggs; when the milk boils, lay on the whites in spoonfuls, until it hardens; skim it off carefully, and put it on a dish; when all the whites are cooked, beat up the yolks, and pour gradually the milk upon them, stirring it well, till it thickens; turn this over the whites, and ornament it with bits of colored marmalade or jelly.

APPLE CUSTARD. Make a nice sirup; cut up your apples very fine, and boil them in the sirup, with a peel of a lemon, till perfectly transparent; when done, put it into a large tumbler, or a mould, and the next day it will be solid; turn it into a glass dish, and pour over it a rich, soft custard; if you choose, put a whip and some bits of colored jelly on the top.

ARROWROOT CUSTARD. Four eggs; two spoonfuls of arrowroot; four spoonfuls sugar; one of rose water; with a little cold milk. Mix these together; have ready boiling one quart of milk, and pour these in. This is a convenient custard in winter season, when eggs are scarce and high.

APPLE CREAM. Peel and core five large apples; stew them till soft enough to pass through a sieve; sweeten, and beat them with the whisked whites of five eggs. Serve, with cream poured over it; or, take the yolks of five eggs, mix with one quart of milk, and boil it, and flavor it with lemon, and pour round the apple.

ITALIAN CREAM. One ounce of isinglass, or gelatine, dissolved, added to one pint of cream; a gill of brandy

or two gills of wine; juice of a lemon; sugar to your taste. Flavor it with raspberry, strawberry, or pineapple sirup.

LEMON CREAM. Juice of four lemons; one half pint of rose water; one pound of white sugar; whites of seven eggs; yolk of one. Squeeze the lemons, and add the sugar, with the rose water. Beat the eggs to a strong froth, and mix all together. Put it over the fire, stirring it one way till it becomes thicker than cream, or so that you can dip it up with a spoon. When cold, to be of the consistency of custard. Served in glass custards.

LEMON CREAM. Five large lemons; pare them as thin as possible; steep them over night in a cupful of water with the juice. The next day, strain it and add six well-beaten eggs; ten ounces of sugar. Put it over a slow fire, and stir it constantly one way. Skim it, and when rather warm, put it into glasses.

FLOATING ISLAND. The whites of five eggs, beaten with a little currant jelly, till they are quite thick and of a good color. Drop them by spoonfuls into a dish. Sweeten a pint of cream; add rose water, and pour the cream in gently around these islands.

CHOCOLATE PUFFS. One pound of sugar, two ounces of chocolate, pounded together and finely sifted; then mix, with the whites of two eggs, well beaten to a froth. Drop this on buttered paper, and bake slowly.

KISSES. Whites of six eggs; one half pound sugar; beat this to a froth and flavor it. Drop on paper, and bake slowly.

CRÈME FLORABIER. Grate the rind of a lemon into one pint of cream, with some mace boiled in the cream for fifteen minutes. Beat the yolks of six or eight eggs; mix with it when cool. Strain and mix one half ounce of decoction of isinglass. Mould it.

LEMON HONEY. Take three large, ripe lemons, (or four or five small;) roll them under your hand on a table to increase the juice. Rub off, on a piece of loaf

sugar, the yellow rind or zest, scraping it up with a tea-spoon as you proceed, and put it aside on a saucer. Then squeeze the juice of the lemons through a strainer upon a pound of loaf sugar, and add the zest or grated rind. Cut up among the sugar a large quarter of a pound of fresh butter. Beat six eggs, as light as possible; then mix in, gradually, the sugar and lemon, stirring all very hard. Put these into a porcelain kettle, and let it boil till it becomes of the consistency of thick honey, stirring all the while. If the weather is warm, add a table-spoonful of arrowroot, or sifted flour. When done, put it into jars; cover them closely. It will keep good a month or more in a dry, cool place. If made in winter, it will continue good for two months.

ORANGE HONEY is made as above, except using six oranges of the largest size, and none of the peel.

COFFEE CREAM. Boil a calf's foot in one quart of water, till it is boiled away to one pint; clear it from sediment and fat. Or, take half an ounce of isinglass. Make a tea-cup of *very strong* coffee; clear it perfectly, and pour it to the jelly, adding a pint of good cream; sweeten to your taste. Boil it up once, and pour into the dish. It should jelly, but not be stiff.

MERINGUES. One pound of sugar; whisk the whites of twelve eggs very stiff, and then mix well the sugar. With a dessert-spoon, lay them on white paper in the shape of eggs; sift sugar thickly over them; let them remain ten minutes; shake off the superfluous sugar; place them in the oven, to color a very little. When crisp, take off the papers by turning them upside down, and lift the papers from them. Dip your spoon into hot water, and clear out the best part of the interior; dust them with sugar, and lay them in a cool, dry place. When served, fill them with whipped cream; stick two together. Dress in pyramid, and serve. Should they stick to the paper, moisten it with a brush, with a little water on the back.

CHANTILLY CAKE, OR CAKE TRIPLE. Bake a sponge

cake in a mould, either of flour or rice. When cold, cut out the inner part, leaving about two inches from the edge, taking care not to cut through the bottom. Put in a thick custard, or any of the creams, and some bits of jam or jelly, and then a whip over the whole. If triples are made the day before used, they are far better, and cut more solid.

FROZEN PUDDING. One quart of milk; eight eggs; and sweeten to your taste; boil it as for soft custard; when cold, place it in a freezing-pot to freeze. When partly frozen, have ready two ounces of currants, and two ounces of raisins, soaked in four glasses of mareschino or brandy, with four ounces of citron, cut small, and stir these into the custard. Put it into a mould and finish freezing. A custard made of almonds, or flavored with wine or brandy, with the fruit, is nice.

FROZEN PUDDING. Take a stale sponge cake, which cut in slices half an inch thick, and soak them well in wine or brandy. Put some raisins on the bottom of mould; lay a slice or two over these; more raisins and cake, till the mould is three quarters full. Make a custard, as for Russe, using one half the quantity of isinglass, and pour it lukewarm over your cake, which cover and bury in ice and salt. Let it stand at least two hours before using. If all the custard is not used, keep it on ice, and when the pudding is ready to serve, pour it over it, and sprinkle a few almonds, cut small, over it.

A SALAD OF ORANGES. Select four good oranges; the thinnest rind are to be preferred. Cut them cross-wise into slices about half an inch thick. Place them in a dish, in a round, one piece resting a little on the other; shake one ounce of sugar over, and pour over a table-spoonful of brandy. Slices of red orange, dressed alternately with yellow, looks very prettily.

SALAD OF STRAWBERRIES, OR RASPBERRIES. A quart of berries; sift over them a little sugar, in layers; arranging them in a pyramid on the dish. Just before serving them, pour over two glasses of wine, brandy, or mareschino.

PEACHES, OR APRICOTS, should be quartered. Strew sugar over them, and then a little sherry or *liqueur*.

ANOTHER SALAD OF ORANGES. Take as many oranges as you choose; peel them; separate them partly; put over as much sugar as the quantity of brandy you use will absorb. Make this in the morning; in the evening it will be delicious.

APPLE CUPS. One pound of apples; skin them and cut them in quarters; make a little sirup of a pound of sugar; boil the apples in it, with a little fresh lemon peel. Put the apples into cups; boil the sirup about fifteen minutes after the apple is taken out. When the apple is cold, turn it out from the cups, and put round some slices of oranges, with the sirup turned over the whole.

WESTMINSTER FOOL. Take a stale loaf of bread; cut off the crust, and cut it into thin slices. Lay them in a deep dish, and pour over them some sweet wine, sufficient to moisten them. Make a soft custard of one quart of milk; four eggs; two spoonfuls of rose water. Sugar to your taste. When boiled, pour this over the bread. When cold, serve it.

MRS. BURNS'S BURNT CREAM, OR CRÈME BRULÉE. (*French recipe*.) Boil one pint of milk; one pint of cream; powdered sugar, four ounces; yolks of three eggs; a small spoonful of burnt sugar; reduce it one half; pass it through a sieve. Dish it, and let it cool.

FRITTERS, VERY LIGHT, (pets of the nuns,) *Beignets Souflés*. (*French recipe*.) Mix in a saucepan a piece of butter the size of an egg; four ounces of sugar; a glass of water; some fresh citron, grated. Boil these together; adding sufficient flour to make a stiff and smooth dough. When boiled long enough, it will detach itself easily from the pan. Beat separately the yolks and whites of three eggs, and mix with the dough. Take it out into a dish, and with the handle of a spoon cut it into little pieces, which drop into the lard, which must be only lukewarm. Let them fry gently.

Drain them well on a linen cloth, and serve them sprinkled with sugar.

CHARLOTTE DES POMMES, OR CHARLOTTE OF APPLES. Wash, pare, and core the apples; cut them into small pieces. Dissolve in a saucepan four ounces of butter to a dozen of apples. Put in the apples, and stew them to a marmalade. A half pound of apricots stewed with them is a great improvement. Cut some slices of stale bread, spread them with butter, and line with them a well-buttered baking dish. Fill up with the apples, and cover with the bread. Put it to bake, and when the Charlotte is of a fine brown color, turn it out on a dish, and let the butter drain well.

ANOTHER. In the place of the slices of bread, cakes of different kinds are to be cut up into slices sufficiently thick to line the interior of a mould. Either fill up with the marmalade, or make compartments with some of the slices, and filling them with different preserves; covering the whole with slices. This may be decorated with sugar plums, or candied fruits. Place this Charlotte on a high dish, and surrounded with a border of pears, apples, and chestnuts, candied, or with all the other light *Pâtisseries* which are served among the sweet *entremêts* — dishes served up after the meats and before the desert. (*French recipe.*)

CRÈME FOUETTÉE, OR WHIPT CREAM. Put a pinch of gum dragon, in powder, into a pint of cream; add a little orange flower or rose water; a sufficient quantity of sugar. Whip this mixture with any whip stick. When the cream is all frothed, let it stand. With a skimmer, place it in a pyramidal form on a dish. Garnish it with shreds of citron, or orange sweetmeats. (*French recipe.*)

CREAM WHIPPED WITH STRAWBERRIES, RASPBERRIES, OR CHERRIES. Press out the juice after crushing the berries; pass it through a sieve; add it to the cream when it is frothed, and beat it anew, and serve immediately. (*French.*)

OMELETTE SOUFFLE. Mix the yolks of six eggs with four ounces of powdered sugar, and a spoonful of orange flower water. Whip, to a solid froth, the whites of eight or nine eggs, which mix with the yolks. Melt some butter in a spider, turn in the above mixture, and when it begins to turn yellow, put it on a dish kept hot, and place it in the oven. These *entremets* must be eaten as soon as cooked, as they soon fall. (*French recipe.*)

ITALIAN CUSTARDS. Twenty eggs, the whites beaten to a stiff froth. Add the yolks of four eggs, beaten well with a handful of sugar. Bake this mixture on small papers, in an oven almost cold. Beat a pint of cream to a froth; sweeten it to your taste; flavor it with mareschino cordial or vanilla. Put it in a dish, and put over it the above cakes.

BAVAROIS. Put the yolks of eight eggs in a saucepan; add half a pound of sugar, and a tumbler and a half of cream; stir it over fire. Take care to withdraw it as soon as it has become a little thick. Then put in half an ounce of isinglass dissolved in half a glass of water, and pass the whole through a sieve. Freeze it on the ice, taking care to remove it when sufficiently cold. Mix of the custard a sufficient quantity to fill a mould. Keep it on ice until served. Flavor it as you prefer, with lemon or vanilla.

SAGO JELLY. Take a pint of currant jelly, to which add a pint of water, the juice and grated rind of a lemon, and two or three sticks of cinnamon. To this put one half pint sago, and sweeten to your taste. Set it on the fire, and stir it until the sago is cooked. Then mould it and serve it with cream and sugar. The juice of any fruit can be used instead of jelly, as cranberries, &c. Of juice, take a quart, as it is diluted.

SAGO WITH MILK, (*à la lait.*) One quart of milk, or half cream, to which put one half pint of sago and a blade or two of mace. Sweeten with sugar, and cook

as sago jelly. To be eaten with sugar and cream. Flavor it with peach or rose water, lemon or vanilla.

TO PREPARE ICE FOR ICING. Break the ice very small; put it in the bucket with salt. Put the cream into an ice-pot, and place it in the bucket, and put the ice and salt round it alternately, so as to touch every part, and press it down very tight. In about ten minutes, open the pot and put a spoon in and stir it well. Be careful to stir in smoothly the part that has iced round the sides. Continue this until the whole is frozen into a stiff but smooth substance. You can then put it into moulds, pressing it down hard, and return it to the freezer, pouring off the water and adding fresh ice and salt. Saltpetre used with salt will facilitate freezing. When any fluid tends towards cold, the moving it quickly accelerates the cold; and also, when any fluid is heating, stirring it will facilitate its boiling. If you use a patent freezer, you must keep the cream in motion until set with the dash.

WATER ICES are the juices of fruits, mixed with water and sweetened, and frozen as creams.

ROMAN PUNCH. Make a strong punch with wine and brandy, sugar and lemon. Some *liqueur* is an improvement. All ices should be strongly flavored, as freezing diminishes it greatly. Lemon flavor is obtained by rubbing some lumps of sugar over the rind of three large lemons. Squeeze the juice, strain it, adding as much sugar as the juice will absorb.

PINE APPLE. Cut it in slices; sprinkle sugar over each slice, and let it stand for ten or twelve hours; strain it, and make it very sweet.

RASPBERRIES OR STRAWBERRIES. Put sugar to one quart of berries; let them stand two or three hours; mash them and strain the juice; make very sweet.

VANILLA. Use either the extract, or one bean, boiled for three hours in half a pint of milk. These are the flavorings for one gallon of cream.

ICE MADE OF CREAM. To one quart of rich cream

allow one half pound of sugar; flavor it, as above, to the taste, remembering the flavor and sugar must be strong, as in freezing one half is destroyed or lost.

MADE FROM MILK. To one quart of milk allow four or five eggs; boil one half the milk, and turn it boiling on to the beaten eggs, stirring all the time; then add the cold milk, sugar, and flavoring.

ANOTHER. To two quarts of new milk, add, when boiling, one table-spoonful of arrowroot, wet with a little cold milk. When cold, add one quart of cream or milk; nearly one pound of sugar. If you wish very nice ice cream, beat the whites of six eggs to a froth, and stir in.

PUNCH, FOR THE DINNER TABLE, IN PLACE OF ROMAN ICE. Two and one half tumblers of cut loaf sugar; six tumblers of water, cold; and the peel of six lemons, cut thin. Let this remain undisturbed till the sugar is dissolved; then add one bottle of Antigua rum, and just before sending it to table, plenty of cracked ice.

SAUCES.

Under this name are used, at table, mixtures of various condimentary and alimentary substances. Salt and spices are essential ingredients of them, and vinegar enters into the composition of several. These are seldom used in sufficient quantity to prove injurious by themselves; though, by provoking the appetite, they induce the eating of many indigestible compounds.

Few things require more care than making sauces or gravies; the better way is, therefore, to prepare the sauces, or make gravies, before cooking those articles which demand equal care.

Butter, and sauces containing eggs, should never boil.

APPLE SAUCE. Pare, core, and quarter some apples; stew them in a very little water, with a bit of lemon

peel; add sugar to your taste, with a bit of butter, when taken from the fire. Flavor with rose water, or chopped fresh lemon peel.

CRANBERRY SAUCE. Pour boiling water over the cranberries; this instantly swells all the good ones, and makes it easy to pick out decayed ones. Stew the fruit, until soft, in a very little water. When soft, add sugar to your taste.

TOMATO SAUCE. Skin the tomatoes; stew them till tender; season with pepper; a bit of butter; a few cloves. Let these boil together. Strain it, and serve hot.

GRAVY SAUCE. Take the inwards of a turkey; boil them until they are soft, with a crust of bread, one onion, pepper, salt, and cloves. When cooked, strain it, and chop well the liver, or bruise it and mix it together with a little flour, and boil it up once.

OYSTER SAUCE. Half a pint of oysters. Strain the liquor from them, and boil it with a cup of water, mace, pepper, and salt; thicken with a bit of butter rolled in flour. Pour in the oysters with a glass of white wine. Let it boil up once.

MELTED, OR DRAWN BUTTER. Thicken half a pint of boiling water, and let it boil. Have ready four or five ounces of butter, cut into small pieces in a bowl, and when ready to send it to table, pour the boiling water over the butter, stirring all the time. You can use milk, or milk and water. If eggs are to be added, boil them hard and cut them up very fine, and put with the butter into the bowl.

SAUCE FOR BEEFSTEAK. One bottle of claret wine; one ounce of cloves; one half ounce of mace; one drachm of cayenne. In one month it is ready for use.

FOR BOILED COD. Stew some oysters in their own liquor, with pepper, mace, and salt. Take out the spice, and add one glass of claret wine. Stir in the yolk of an egg to thicken it, and pour this over some butter.

FOR LOBSTERS, AND SALADS. Two eggs boiled three minutes, and the yolks thoroughly rubbed up in a tea-cup; add oil, gradually, until a thick paste is made. In another cup have a heaping tea-spoonful of mixed mustard; one half a tea-spoon of salt; a dash of pepper and sugar may be added, or not, to suit the taste; add two table-spoonfuls of vinegar, or until there is about a tea-cupful of the mixture. Add this *very gradually* to the mixture of oil. Then oil and vinegar alternately, in small quantities, until sufficient dressing is made. After this is made, it should be so thick as to drop from the spoon in globules. Be careful in adding the vinegar, as the smallest quantity will thin the mixture. The great secret lies in mixing the oil and vinegar. Six eggs will be sufficient for a large lobster.

FOR LOBSTER AND SALADS. Yolks of four eggs, boiled hard, and mashed to a smooth paste; add oil to make half a tea-cup. Yolks of two eggs, unboiled; two tea-spoonfuls of salt; two great spoonfuls of made mustard, mixed together, and added to the other ingredients. Then add gradually, and alternately, a half flask of oil, with vinegar to the taste, stirring it well.

ANCHOVY SAUCE. Wash the anchovies; put them into wine and water, with a little mace. When the anchovies are all dissolved, strain it; add a little butter, not too salt, mixed with flour, to thicken it; add a few capers. Serve hot.

BREAD SAUCE. Boil in a pint of water a slice of bread, a small onion, a little mace, salt, pepper. When the onion is tender, strain it, and rub the bread through a sieve. Then put it in a saucepan with a gill of cream; a bit of butter. Stir till it boils. Instead of bread, you may thicken with cracker.

CELERY SAUCE. Cut small some celery, and put it to boil with an onion in half a pint of water. When tender, add salt, pepper, a little milk, and boil it a quarter of an hour, and then pass it through a hair

sieve with the back of a spoon. If you wish for celery sauce, when celery is not in season, a quarter of a drachm of the seed will impregnate half a pint of sauce.

CHESTNUT SAUCE is often served up with roast turkey. Scald a pound of chestnuts; skin them, and stew them slowly in some white stock, or water, seasoned with salt and mace, and thickened, for two hours.

MINT SAUCE FOR LAMB. Pick and wash some green mint; add, when minced, a table-spoon of the young leaves to four of vinegar, and put it into a sauce tureen with a tea-spoonful of brown sugar.

SWEET SAUCE FOR VENISON OR RABBIT. Put some currant jelly in a saucepan; when melted, pour it into a sauceboat. Many send it to table without melting, in the jelly shape.

WINE SAUCE FOR VENISON OR GAME. A quarter of a pint of port or claret wine, the same quantity of good stock, and a table-spoonful of currant jelly. Just boil it up, and serve hot.

LEMON SAUCE. Cut thin slices of lemon into very small dice, and boil them in the water thickened for melted butter; put it into the butter, and pour it hot over boiled fowls.

WHITE CUCUMBER SAUCE. Peel two small, or one large cucumber; cut in slices; put in a stewpan with a tea-spoon of salt; one of sugar; a half one of pepper. When tender, add a table-spoonful of flour, wet with two gills of milk. Boil, and serve hot.

A GOOD BEEF GRAVY. Take the drippings from the meat, turn it into a saucepan, and add a cup of boiling water; shake in a little browned flour and salt, and let it just boil, stirring all the time; add a table-spoonful of soy, or tomato catchup.

GRAVY FOR ROAST MUTTON. Make the gravy as for roast beef, or add a few spoonfuls of currant jelly, and a cup of red wine.

FOR ROAST VENISON. Take the shank of the venison;

crack the bone; a pound of beef; an onion, stuck full of cloves; pepper and salt. Put these into two quarts of water, and boil gently three hours. Strain this and add to it the drippings from the venison, with a quarter of a pound of butter; two table-spoonfuls of flour; a tea-cup of claret wine, and a tea-cup of currant jelly. Let this boil about five minutes.

FOR PORK. Take out all the fat from the pan or kitchen when about half cooked, and make a gravy with the drippings.

FOR ROAST HAM. Pour off all the fat; add a cup of water to the drippings; a little flour; and just boil it up.

The following directions for preparing a dressing for salads may be useful, especially to those acquainted with the competency of the author to advise in all matters of taste as well as science, (Rev. Sidney Smith,) who was said to have as much, if not more knowledge of all the other *ologies*, as of theology:—

For dressing a Salad.

“Two large potatoes, passed through kitchen sieve,
Smoothness and softness to the salad give;
Of mordant mustard add a single spoon—
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault,
To add a double quantity of salt:
Four times the spoon with oil of Lucca crown,
And twice with vinegar, procured from town;
True flavor needs it, and your poet begs
The pounded yellow of two well-boiled eggs;
Let onions’ atoms lurk within the bowl,
And, scarce suspected, animate the whole.
And lastly, in the flavored compound toss
A magic spoonful of anchovy sauce.
O! great and glorious! O! herbaceous treat!
’Twould tempt a dying anchorite to eat;
Back to the world he’d turn his weary soul,
And plunge his fingers in the salad bowl.”

WHITE SAUCE FOR GAME. Take a slice of bread, and stew it in cream or new milk, and pass it through a sieve ; one small onion may be boiled in it, but must be taken out when served ; add a small piece of butter ; a very little pepper. Add, if you choose, a few dried crumbs, done very crisp and brown.

SAUCE FOR TRIPE. Two table-spoonfuls of drawn butter ; one tea-spoon of made mustard, with two tea-spoonfuls of powdered sugar. Mix these well together, adding vinegar to your taste.

PUDDING SAUCES.

COLD SAUCE. To six spoonfuls of crushed sugar put four of butter ; work the butter to a cream, adding the sugar. Put it on your plate in a pyramidal shape, and with the tip of the bowl of a small tea-spoon make gashes over it, that it may resemble a pine-apple ; grate nutmeg over it, and flavor it with wine or brandy.

HOT PUDDING SAUCE. Beat the sugar and butter together till it froths and is light colored. Then thicken a little boiling water with flour ; stir this into the sugar and butter, adding wine or brandy, and nutmeg, or rose water, lemon, or vanilla. Put it again to the fire to just boil up once, stirring carefully, and serve hot.

FORCEMEATS.

Exact rules cannot be given, but the following observations may be useful, and practice will soon impart skill in mixing stuffings to the taste. Whether in the shape of forcemeat, stuffing, or for patties, it makes great difference in the eating and appearance of the dish if properly compounded. No one flavor should predominate ; yet, if several dishes are served the same day, there should be a marked difference in the taste

of the forcemeats, as well as of the gravies. It should be consistent enough to cut with a knife, but not dry or heavy.

Forcemeat Ingredients.

Cold fowl, or veal,	Oysters, anchovies, lobster,
Scraped ham,	Savory, marjoram,
Beef suet,	Thyme, yolks of eggs, hard boiled,
Crums of bread,	Cayenne, onion, black pepper,
Parsley,	Cloves, soy or catchup, curry.
White pepper,	
Salt, nutmeg,	
Yolk and whites of eggs, well beaten, to bind the mixture.	

The first column contains the article of which the forcemeat may be made, without any striking flavor; and to these may be added any from the second column, to vary the taste.

A COMMON STUFFING. An equal quantity of bread crums and suet; a little salt; marjoram; pepper; mix with egg, well beaten. Instead of suet, you may use butter and thyme, or sage.

BRAIN CAKES. Put the brains in a bowl, beat them together, and put in three milk biscuit, pounded and sifted; three eggs; a little salt, and sage. Mix all well together, and fry in butter just before the head is served.

FORCEMEAT BALLS. One pound of mutton, or veal, and an equal quantity of scraped salt pork; three eggs; one spoonful of salt; pepper; three soft crackers, pounded. Mix together, and fry them in butter.

FORCEMEAT BALLS. An equal quantity of lean meat and crackers; a little suet, lemon peel, cloves, sweet herbs, pepper, and eggs, with a little curry, or catchup. Roll this into balls, and fry brown, in butter or lard.

FOR FISH. Chop some of the meat of lobster very fine; a little cayenne, mace, salt, and pepper, with two table-spoonfuls of bread crums; a little butter, and two eggs, beaten. Make into balls and fry brown, or stuff

any fish with the above. Instead of lobster, vary by using oysters or celery.

LITTLE EGGS FOR REAL, OR MOCK TURTLE SOUP. Mash the yolk of three hard-boiled eggs, and make into a paste with the yolk of a raw one, and throw them into boiling water for two minutes.

Garnishing for Dishes, and Accompaniments for Meats, &c.

RICE EDGING FOR A CURRY, FRICASSEE, OR HASH. Boil two tea-cups of rice until tender, and season with a little butter, but not to a mash. Put it round the inner edge of the dish, to the height of three or four inches. Smooth it with the back of a spoon, and rub it over with the yolk of an egg, and put it into the oven for three or four minutes, to brown. Serve the meat in the middle. Rice boiled in this way, spread over a pie of cold meat for a crust, an inch thick, and browned, is nice.

POTATO EDGING. Boil some potatoes; mash them to a smooth paste; add a little butter, milk, and salt. Mix these well together, and form an edging as above for hashed veal, beef, or mutton.

FOR ROAST BEEF. A Yorkshire pudding, and scraped horse radish.

FOR BOILED CORNED BEEF. Beets, cabbage, parsnips, carrots, and greens; garnish the dish with sliced beets and carrots, alternately.

FOR VEAL. Garnish the dish with lemons, sliced. Send scraped horse radish, in a separate dish, to table.

CALF'S HEAD. Put round the dish slices of lemon, and hard boiled eggs, sliced.

CORNED LEG OF PORK. Parsnip and carrots, sliced and laid around the dish.

BOILED MUTTON. Drawn butter, with capers or nasturtions, carrots and beets, around the dish.

BOILED FISH. Lemon and hard boiled eggs, sliced.

Potatoes are nice and almost necessary with all meats. With poultry, they are nicer mashed. Sweet potatoes and tomatoes are good with all meats, but especially with roasts. Onions, squash, cucumbers, asparagus, peas, string-beans, are most appropriate with roast meats. Carrots, parsnips, cabbage, greens, turnips, and beets are eaten with boiled meat. Corn is eaten either with roasted or boiled meat. Mashed turnip is good with roast pork; apple sauce should be served with roast pork: cranberry sauce with beef, poultry, veal, and ham; currant jelly with roast mutton and game. Pickles are served with all meats; capers, or nasturtions, with drawn butter, for boiled lamb or mutton.

Drawn butter, with eggs, for boiled, salt, and fresh fish. Dip, or fried salt pork, with salt fish. Celery, chopped fine, and put into a salad mixture, is a very pleasant accompaniment for salt fish.

Celery, or oyster sauce, for boiled poultry and game. Fried bread crumbs should be sent to table with roast partridge, quail, wild turkey, or any kind of game.

FISH.

This class of animals produces an almost endless variety of food for man. It furnishes a greater number of eatable species than any other class. Some nations derive their chief support from it. The inhabitants of the most northern parts of Europe, Asia, and America, where but few nutritive plants are found, are obliged to live almost exclusively on fish.

The Esquimaux prepare fish in the same manner as did some of the Babylonian tribes of old. It is dried in the sun, beaten fine and sifted, then made into small cakes, or baked as bread. Fish also constituted the principal article of food among the Egyptians. It was dried in the sun, and eaten without any other preparation.

Fish-flesh contains more water than the flesh of either quadrupeds or birds.

In many fishes, the flesh is mixed with or covered by oily or fatty matter. This is more abundant in the thinner parts than in the thicker. The thinnest part of the salmon is preferred by epicures. In the cod, and some others, the liver is the only part which contains fat; the flesh being quite devoid of it. The white, curdy matter, seen between the flakes of boiled fresh fish, is the coagulation of the watery juices intervening between the layers of the flesh.

The digestibility of fish varies considerably in different species. The oily fishes are more difficult to digest, and, in consequence, are unfit for invalids. Fish is rendered less digestible by frying. It is, in any form, less satisfying to the appetite than the meat of either quadrupeds or birds. As it contains more water, it is obviously less nourishing. "The jockeys at Newmarket, in England, who *waste themselves* in order to reduce their weight, are never allowed meat when fish can be obtained."

One ill effect, ascribed to a fish diet, is the production or aggravation of diseases of the skin. By drying, salting, smoking, and pickling, the digestibility of fish is greatly impaired; though, in some cases, their savory, stimulating, and even nutritive qualities may be increased. The flesh of SHELL FISH is not easily digested; but they form very agreeable and moderately nutritive articles of food. Lobsters and crabs disagree with some persons. These fish form their shells from the highly calcareous juices of their bodies. The alkaline nature of these juices renders vinegar a desirable condiment to neutralize it. The male lobster is preferred for eating. They are distinguished by the narrowness of their tails. The females are preferred for sauce and soups, on account of the coral and spawn. The former, when boiled, is a bright red, and is useful for garnishing; the latter gives both color and flavor.

They are known by their broader tails and smaller claws. The meat of the lobster is principally in the tail and claws; that from the claws being more tender, delicate, and easily digestible. It is a popular idea, that the part of the lobster called "the old lady in her arm chair" proves injurious when eaten. This part is the bony teeth of the stomach, and, being indigestible, should not be eaten. The bag which contains "the old lady" is the stomach. Of the crab, the same observations may be made. It is inferior, in delicacy of flavor and tenderness, to the lobster.

The oyster holds the highest rank among foods of this class. It was greatly admired by the luxurious Romans, and has continued a favorite among all nations ever since. It furnishes a delicious article of food. It is more digestible when raw than when cooked. It is customary to swallow the oyster whole when eaten raw; but when cooked, the beards or gills are sometimes removed.

To select Fish.

SEA BASS, BLACK FISH, and BLUE FISH, are very excellent of their kinds, and can sometimes be found in our markets.

SALMON. If fresh, the flesh is of a silvery pink color, the scales bright, and the whole fish stiff. When first taken from the water, there is a whiteness (curd) between the flakes, which gives great firmness; by keeping, this melts, and the fish is more rich. This fish can be crimped like the cod, that it may be flaky and retain the curd. The salmon is the only fish which improves by keeping, without the addition of salt or sugar. It is in season from April to August.

HADDOCK AND COD. The gills should be very red; the fish very thick at the neck; the flesh white and firm; and the eyes fresh. When flabby, they are not good. They are in season from the beginning of December till the end of April.

CRIMPED COD. As soon as the fish is taken from the water, it is gashed on both sides, and salt thrown in. This process renders the fish firmer, and gives a better flavor.

SHAD. If good, they are white and thick. If too fresh, they eat tough, but must not be kept above two days without salting. The shad appears at Charleston, South Carolina, in January; later at Norfolk, Virginia; in the Hudson River, in April; and in the Connecticut and Merrimack Rivers, in May.

HALIBUT varies in size from ten to forty pounds. If good, they are white and firm, and the belly of a cream color. In season from February to July.

MACKEREL. The whole fish must be stiff and firm. They are so delicate a fish that they keep worse than any other. Their season is May, June, and July, to October.

SALMON TROUT are a fine flavored fresh-water fish, and should be killed and dressed as soon as caught. The gills should be red and hard to open; the eyes bright, and the body stiff.

PICKEREL AND SMELTS are in season all the winter months. Both pickerel and smelts should be stiff and firm, and the eyes bright.

PERCH. Apply the same rules as to the preceding.

LOBSTER is in season from April to August.

FRESH COD SOUNDS are in season during the winter.

OYSTERS. Of these, there are several kinds; the larger ones are highly esteemed. When alive and well, the shell is close. They should be eaten soon after they are opened, the flavor becoming poor if kept long.

The same rules apply to the clam.

CRABS. The heaviest are the best, and those of middling size are sweetest; if light, they are watery. When in perfection, the joints of the legs are stiff, and the body has an agreeable smell. The eyes look dead and loose when stale.

OYSTERS AND CLAMS cast their spawn in the month of May, after which they are sick, and unfit for food. In July they begin to improve, and in August they are sound. Hence the origin of the saying, that an oyster is never good except when there is an *r* in the month.

Epicures consider it important to boil fish in salt water. Lobsters must be put alive into boiling water, and be boiled from thirty to forty minutes. Allow a large spoonful of salt to every quart of water in which they are boiled. Lobsters should not be eaten after being boiled more than eighteen hours. Fish from ponds are improved in flavor by soaking in strong salt and water. Fish, if frozen, may be kept a number of days.

Fish should be carefully cleaned, and, when boiled, some salt should be put into the water. Fish should be put into cold water to boil, and allowed to cook very gently, or the outside will break before the inner part is cooked.

Small fish, nicely fried, covered with eggs and crums, make a handsomer dish than if served plain. Fish should be garnished with horse radish, parsley, and lemon. If fish is to be fried or broiled, it should be wrapt in a cloth after it is cleaned and washed. When dry, wet it with an egg, if to be fried, and dip it into bread crums or Indian meal; if done a second time with the egg and bread, the fish will look better; then, having a spider on the fire, with a large quantity of boiling lard or fat, plunge the fish in, and let it fry middling quick, until the color is a fine brown yellow. Take it up carefully, and put it on the under side of a sieve to drain. To be fried in perfection, fish should be of a fine yellow color, with every crum perfectly distinct, and the fish entirely free from grease. The same dripping, with a little fresh, will serve a second time. Butter gives a bad color to all fried articles; oil fries the finest; it is, however, more expensive.

Garnish with a fringe of raw curled parsley, or parsley fried.

If the fish is to be broiled, it must be seasoned, floured, and put on the gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over a clear fire, that it may not taste smoky; and not too near the coals, that it may not be scorched. Do not attempt to turn it, like steaks, with a knife and fork, but lay an old dish upon it, and hold it on with one hand, while you invert the gridiron with the other.

The liquor of oysters should be strained before using, as there are often small pieces of shells in it.

SALMON, BOILED. Clean it carefully, but do not let it soak in water. Rub a little salt into the body, flour a cloth, pin up the fish tightly, and put it into boiling water. A piece that weighs ten pounds will be sufficiently cooked in three fourths of an hour after beginning to boil. If underdone, it is very unwholesome.

TO BROIL SALMON. Cut slices an inch thick, and season with pepper and salt; broil them very quick, and when served, rub butter over each slice.

BAKED SALMON. Stuff the fish or not with force-meat; lay it on a grating, into a baking pan; put strips of salt pork over it, to flavor it. Put nearly a pint of water, with some salt, into the pan. Bake it from one hour to one and one half hours. Baste it with butter and flour. Salmon is drier cooked in this manner than boiled, and the flavor is richer, not being lost in the water.

If you have any left from dinner, pour over it some vinegar, in which a few cloves and a little allspice has been boiled. Cover it well, and in twelve hours it is fit to eat.

COD is generally boiled whole; but a large head and shoulders contain all the fish proper to help to; the thinner parts being overdone and tasteless before the thick are ready to be served. The whole fish, however,

may be purchased, at times, more reasonably. The lower parts, if sprinkled with a little salt and sugar, and being hung up, will make a nice dish in one or two days.

Cod's head and shoulders will eat much finer if a little salt is rubbed down the bone, and along the thick part, even if it be cooked the same day. Flour a cloth, tie it up well, and put it on in cold water, into which put a handful of salt.

BROILED SCROD. Take a small cod and split it, or the tail of a large one; sprinkle it with salt, and let it remain over night. In the morning, wash off the salt, and wipe it dry. Rub a little lard over the grid-iron, and put on the fish, skin side down, and let it broil gently one half hour, then turn it over, to brown the other side. When served, rub a little butter and a little pepper over it. Serve hot.

BAKED COD OR HADDOCK. Fill the interior with a nice stuffing, and sew it up, and truss it with the tail in its mouth. Proceed as with salmon, baked.

CRIMPED COD. Boiled, baked, broiled, or fried, as above.

FRIED COD OR HADDOCK. Cut the fish in pieces about a good size to help at table; wash, and wipe them dry, and roll them in sifted Indian meal. Try out some slices of salt pork; remove the pork, and add some lard. When hot, put in the fish and fry it of a nice yellow brown. Put the fried pork around the dish.

CURRY OF COD. Make it of slices of cod or haddock that has been crimped or salted a day, to make it firm. Fry it brown, with some onions, and pour over it some good gravy, or water mixed with some curry powder and flour, a little butter, three or four spoonfuls of cream or milk, and some salt.

CHOWDER. Try out some slices of pork, crisp, and then brown well some two or three onions. Cut your fish into three or four pieces, not slices. Pour over

the onions and pork some milk or milk and water, with a little salt and pepper. Let this boil up, then put in the fish carefully, with some fresh tomatoes or tomato catchup. Cover it well, and let it simmer about one half hour. Have ready some crackers, split and swelled in cold water; lay them over the fish, and cover again for another fifteen or twenty minutes. Turn around your pot very often, that it may not burn. When cooked, remove the crackers, and with a slice and spoon take up each piece of fish unbroken, laying it on the dish, to be served in its natural form. Pour the liquid into the tureen, to be served hot. The crackers can be served on a separate dish, or put into tureen. Some persons like the flavor of mace and cloves, and some, claret wine.

HALIBUT. If you wish to boil it, purchase either the tail piece or the next cut. Rub a little salt over it, and lay it in cold water a while. Wash and scrape it very clean, and tie it in a floured cloth, and put it in cold water, with salt in it, to boil. A piece weighing six pounds will need to cook thirty minutes after it begins to boil. If you have any left, serve it as salmon.

The nape, corned, of the halibut, is the best piece to broil. A slice through the body an inch thick, if sprinkled with salt for two hours before cooking, will broil without breaking, and be excellent. When served, spread butter and pepper over it.

BROILED SHAD. This fish should not be stale. Scale and split it down the back; then carefully wash and dry it. Sprinkle it with salt, cayenne, and black pepper, with a little sugar. Let it lay four or five hours; wash off the spices, and broil it for half an hour.

SALT FISH. Dun fish is to be preferred. To cook a fish whole, put it into the fish kettle, covered with water a little warm. The next morning, wash it clean from the water; wash out the kettle; put the fish in again, with as much water as at first, and put it over

the fire to scald, not boil. An hour before dinner time, take up the fish into a pan of cold water, wash off the skin and fins; clean the kettle again, and put back the fish into warm water. Let it just come to a boil, but keep it boiling hot for thirty or forty minutes. Serve it on a napkin, on a fish dish.

TO MINCE FISH. Chop the fish very fine, after it is cooked; mash half as much more potatoes boiled, as fish; fry out some pork; mix potatoes and fish together, and put it into the hot fat; stir it up well, adding a little hot water and a bit of butter; stir it all well together, until it gets very hot; let it stand until it browns a little, and serve hot, or mince the fish as above, with mashed potatoes; make it into small, round, flat cakes, and fry them brown on both sides, in fat or butter. An egg or two, mixed with a little milk, instead of water and butter, is a great improvement.

BOILED MACKEREL. Put the fish into separate cloths, and boil them twenty minutes.

BROILED MACKEREL. Split and sprinkle with salt and pepper; broil them over a quick fire; put the skin side first to the fire. When served, rub over butter, and send them to table hot.

ROASTED MACKEREL. Stuff them as codfish, and bake them about one half hour. Small fish may be fried as codfish.

FRIED SMELTS. This fish is very delicate, and requires care in cleaning: merely pull out the gills, and the inside will come out with them; wipe them dry and lightly after they have lain in salt and water nearly an hour; dip them in flour, or have ready two or three eggs beaten up in a plate, and some cracker pounded in another; dip the fish into the egg, and then roll them in the crumbs, and put them into boiling fat. Fry them brown, and serve hot.

PERCH, FRIED. Cut off the heads; prepare them the same as smelts. They will take a longer time to fry than smelts, being larger and thicker. Fresh cod's tongues are nice cooked in the same way.

TO TOAST TAUTOG OR BLACK FISH. Clean it well; put in a nice stuffing, and sew it up well; brush it over with egg, and crum it well; lay over it some strips of pork, after you have put it into a pan, with a pint of water or port or claret wine; a little salt, pepper, and an onion sliced; let it bake slowly for one to one and one half hours; baste it often with the wine and water; when cooked, thicken the gravy with a little flour, and just boil it once; pour over the fish. Cider may be used instead of wine, with a little walnut or tomato catchup.

EELS. After they are skinned, pour boiling water over them. To fry them, cut them in pieces about six inches long, and fry as codfish.

BAKED EELS. Cut them in pieces six inches long; lay them into a pan; sprinkle over them pepper and salt, with some few pieces of butter; dredge them with flour; pour in a little water, and bake them half an hour; when they are dished, make a gravy in the pan they were cooked in, with the addition of a little more butter, flour, and catchup; pour it over the fish; add either wine or cider, and stew them.

TROUT are fried as perch, roasted as salmon.

SHELL FISH — STEWED OYSTERS. Wash well a gallon of oysters out of the liquor, and let it stand ten minutes; strain it through a fine sieve into a saucepan; add a third as much water as liquor, and a quarter of a pound of butter, braided with flour or bread crumbs, and stir well; put in a little pepper and mace, and boil it up; put in the oysters; do not boil again, but keep them hot, while you toast eight crackers; split and butter them a little; put them into the dish, and pour over the oysters. Some people like a glass of white wine, or half a glass of vinegar added.

SCALLOPED OYSTERS. Put the oysters alternately with bread crumbs, pepper, salt, nutmeg, and few pieces of butter in a buttered dish; pour over the whole a cup of the liquor, and a little white wine. Put it into the oven for forty minutes to brown.

FRIED OYSTERS. Take large oysters; wash them clean out of the liquor, and wipe them dry; dip them in eggs, and then in crumbs, and fry them in hot lard.

FRIED OYSTERS. To one peck of oysters take six eggs; beat the whites to a froth; add a little salt to the yolks, which beat well, and mix with the whites; add half a pint of milk, and thicken with flour for a batter; drop in the oysters, and take out one with some batter in a spoon; fry in hot lard.

STEWED LOBSTER. Cut the meat of the body and claws up fine, and put it into a saucepan with a little water, mace, pepper, and a bit of butter rolled in flour. Rub the coral smooth with a little butter, and add this to stew about ten or fifteen minutes. When ready to serve, add a little white wine or vinegar. This must not be added until sent to table, as the lobster will destroy the acidity of the vinegar in a short time.

CRABS, HOT. Pick out the meat; clear the shell from the head; then put in the meat, with a little nutmeg, salt, pepper, butter, bread crumbs, and set it into the oven. Put in a little vinegar when served.

DRESSED CRAB, COLD. Mix the flesh with a little oil, vinegar, salt, and pepper.

CLAMS are cooked as oysters, fried, or made into soup.

TONGUES AND SOUNDS. Soak them, over night, in very salt; scrape them thoroughly, and boil them fifteen minutes in milk and water. They may be fried in batter, as oysters.

FISH CAKES. If there should be any fish left from dinner, pick out carefully all bones, and skin, then put it into warm water for a short time. Put it into a mortar, and beat it very fine, and mix with it about an equal quantity of mashed potato. Season it, if necessary, with salt and pepper, adding a little butter. Make it up into round flat cakes, and fry brown on both sides, in butter, fat, or lard.

FRESH HALIBUT or **Cod** will make excellent cakes.

SOUPS.

Under this head, I quote the high authority of Liebig; nothing that I could offer would carry the weight of his satisfactory experiments. The result should be familiar to every housekeeper.

“The investigations of Liebig into ‘the constituents of the juices of flesh’ furnish some results belonging to the technical department of chemistry, in so far as it treats of the changes which cooking effects in meat, and of the relation which animal food bears to analogous dietetic articles, determining, as it does, at the same time, experimentally, the nature of *broth*.

“The view that broth derives its nourishing properties essentially from the dissolved gelatine—an opinion which has been frequently discountenanced in practice—is shown by this investigation to be completely untenable. The gelatine imparts no taste to broth, and forms by far too insignificant a portion to allow of its nutritious properties being dependent upon it. Chopped beef or veal, previously exhausted in the cold, when boiled for five hours, yielded to the broth, the former one half per cent. and the latter one and one half per cent. of soluble constituents, of which gelatine formed, at most, but one half. On the contrary, this investigation confirms the view of Proust, that the peculiar constituents of broth exist ready formed in the flesh, and are by no means merely products of the process of ebullition. The residue of the chopped muscular flesh of different animals, as of the fox and ox, after having been exhausted in the cold, cannot be distinguished the one from the other; all the peculiarities of the flesh, especially its flavor, depending entirely upon the soluble constituents which are found in the broth.

“The researches of Liebig offer a simple and convenient method of preparing, in a few minutes, a broth of the highest nutritive properties. Finely chopped

lean beef is mixed with an equal weight of cold water, and left, if possible, to macerate for a short time, and the whole then slowly heated to ebullition; after gently boiling for some minutes, the clear broth separates from the coagulated albumen and from the muscular fibre, which has now assumed a sinewy appearance. After straining, it requires only to be seasoned and slightly colored with burnt onions, or with caramel, (burnt sugar.) The coloring of broth is nothing but a concession to the common prejudice, which cannot, however, be well dispensed with.

“By evaporation in a water bath, or at a still lower temperature, the broth becomes spontaneously colored, and leaves behind a brown extract, possessing a delicate odor of roasted meat; it may be preserved for any length of time. This extract, when dissolved in about thirty parts of water, and flavored with salt, yields, at any moment, a most excellent broth. The advantage of extract of flesh for the nutrition of invalids, its use in hospitals, or in field service, as well as in domestic economy, is sufficiently obvious. We see, likewise, that bone broth, broth tablets, &c., being preparations entirely different from a true broth from flesh, cannot enter into competition with it as articles of food.

“As an article of commerce, ‘extract of flesh’ bears somewhat too high a price; it appears, however, to offer a new source of profit to the inhabitants of the different settlements of America and Australia, who might, successfully, prepare it from their cattle at a cheaper rate, and send it to the markets of our crowded populations.

“As to the cooking of meat, it follows, that to prepare, by boiling, a rich broth, and at the same time a *savory bouilli*, is perfectly impossible. After preparing broth according to the above direction, the meat which remains is perfectly unpalatable, tasteless, and tough, and as dissimilar as possible to the boiled beef of our

tables. If, on the other hand, it is desired to leave in the boiled meat the greatest amount of nutrition and flavor, it must be at once plunged into boiling water. If the temperature, after some minutes, be reduced to about 70° (Centigrade,) equal to 158° Fahrenheit, by the addition of cold water, and the water maintained at that temperature until the meat is thoroughly cooked, all the conditions necessary for this purpose will have been fulfilled.

“If it be perfectly established that pure fleshy fibre — viewed independently of the constituents of the juice — instead of being softened by boiling is converted into a horny or sinewy mass, it is evident that this change is prevented by two different means in the ordinary mode of cooking meat. In the first place, by the temperature in the interior of the piece of meat never reaching the boiling heat; and, in the second place, by its being, nevertheless, sufficiently high to coagulate the albumen, which surrounds, and to a certain extent, protects the fibres. The temperature in the interior of the meat is not only sufficient to coagulate the albumen, but must attain even the point necessary for the coagulation of the coloring of the blood.

“The investigation of Liebig exhibits the process of salting meat under a perfectly new aspect. The *brine* which meat and dry salt form together amounts from one third to one half of the juice of the meat, and contains the chief constituents of concentrated broth. The brine presents an acid reaction, and owing to the quantity of albumen present, coagulates when boiled; it contains, moreover, phosphoric acid, lactic acid, a large amount of potassa, creatinine, and doubtless also creatine. There can be no doubt, therefore, that salting meat diminishes the nutritious properties of meat, by the amount of constituents which pass into the brine; hence the explanation of the well-known injurious effects on health produced by the continual consumption of salt meat.”

The delicate and proper *blending of savors* is the chief art of good soup-making. Be sure to skim the grease off the soup when it *first boils*, or it will not become clear. Throw in a little salt to bring up the scum. Remove *all* the fat. Be careful to *simmer softly*, and never allow a soup to boil hard.

Put your meat into *cold* water, and let it grow warm slowly. This dissolves the gelatine, allows the albumen to disengage, the scum to rise, and the heat to penetrate to the centre of the meat. But, if the meat be put into *hot water*, or the soup over a *hot fire* to boil, the albumen coagulates, and the external surface of the meat is hardened; the water is prevented from penetrating to the interior, and the nutritious part of the meat from disengaging itself. The broth will be without flavor, and the meat tough, if so managed. Allow two table-spoonfuls of salt to four quarts of soup, where there are many vegetables; and one and one half, where there are few. One quart of water to one pound of meat is a good rule.

Soup made of meat not previously cooked is as good, perhaps better, on the second day, if heated to the boiling point. If more water is needed, use *boiling* water; as cold or lukewarm spoils the soup. Some persons have thought potato water to be unhealthy. Do not, therefore, boil potatoes in your soup; but, if required, boil them elsewhere, and add them when nearly cooked.

The water in which poultry or fresh meat is boiled should be saved for gravies or soups for the next day. If it is not needed in your own family, give it to the poor. The bones, also, of roasts, with a little meat, make a soup; and, if not required for this purpose, you may save them for the grease they contain. But this preparation, be it remembered, is entirely different, in its essential properties, from soup made from flesh; and it should never be given to an invalid or convalescent as an invigorating or nutritive repast. In

boiling out the bones in water, not only the fat present in all bones, but also the gelatine, (which is tasteless, and can impart neither flavor nor any nutritive property to the soup,) is extracted. It follows, therefore, that the fat is the only matter obtained for the soup, the flavor of which must depend entirely on the vegetables and spices that may be added. As fat is both difficult and slow of digestion, would it not be quite as well to keep the grease for soap, and use the vegetables without it?

Keep the vessel covered tight in which you boil soup, that the flavor may not be lost. Never put away soup in metal pots. It is much better to boil your soup the day before wanted, to allow the liquid to cool, that the fat may be all removed. Thickened soups require more seasoning than thin soups; nearly twice the quantity is necessary.

In France, few dinners are served without soup; and the *pot-au-feu* (soup kettle) is a necessary utensil in the kitchens of both rich and poor. It might be termed the national dish, so constantly is it used by all classes. The white, thin soups are intended only to commence a set dinner. The substantial, thick soups might, with vegetables, form a dinner satisfactory to any laboring man. That we, in our national wastefulness and extravagance, might learn a lesson of economy from our transatlantic friends, cannot be doubted. We usually throw away materials sufficient to make a satisfactory repast for a French family.

Does not Liebig give (in the observations above quoted) sufficient reasons why a long-continued dieting on salt meat, during long sea voyages, is followed by scurvy and other maladies? So much of the nutritious properties and qualities essential to digestion and nourishment are lost in the brine, that it would be better not to let the salting of meat continue until a brine is formed.

Clear soups should not be strong of the meat flavor,

and should be of a light brown, sherry, or straw color. All white or brown thick soups should be rather thin, with just sufficient consistency to adhere lightly to a spoon when hot; such as soups of fish, poultry, or game. Simple brown soups, no matter whether of meat or vegetables, require to be somewhat thicker.

If good housekeepers could bring themselves to give up the old notion of boiling for five and six hours, to obtain "the extract" of meat, and follow the advice of chemists, they would be able to serve up a nice soup in a short time, and with comparatively little labor. At the commencement of the French revolution, public attention was directed to the improvement and management of food for the poor and the army. The scientific men of France were called upon for an opinion; and the government, led away by enthusiastic reports, were induced to send forth such language as the following: "A bone is a tablet of soup formed by nature; a pound of bones gives as much soup as six pounds of meat; bone soup, in a dietetical point of view, is preferable to meat soup." It would seem that even cookery, at that time, was looked at through the same exaggerated medium as political matters. These expressions were soon found to be the grossest exaggerations, and the apparatus which was put up to convert the bones into soup was soon found to be useless, and totally abandoned. The medical officers of the Hôtel Dieu drew up a report, which declares such soup to be of bad quality and indigestible. Therefore we may conclude soup made from bones of meat and poultry to be nothing more than the stone soup of old, which, with plenty of vegetables and seasoning, made quite a delicious repast.

A CLEAR BROWN STOCK FOR GRAVY OR SOUP. Put a knuckle of veal, a pound of lean beef, and a pound of the lean part of bacon, all sliced, into a stewpan, with two or three well-scraped carrots, two onions, two turnips, two heads of celery, sliced, and two quarts of

cold water. Stew the meat until tender, but do not let it brown. When thus prepared, it will serve either for soup or brown or white gravies; if for brown, add some coloring, and boil a few minutes. Skim it very carefully. To color it, add a little brown gravy, or browning.

COLORING FOR SOUPS AND GRAVIES. Put four ounces of lump sugar, a gill of water, and half an ounce of the finest butter into a saucepan, and set it over a gentle fire. Stir it with a wooden spoon till of a light brown. Then add half a pint of water, boil, skim, and, when cold, bottle and cork it close. Add to soup or gravies as much of this as will give it a proper color.

CALVES' HEAD SOUP. Clean the head well; put it with the feet into three gallons of water. Boil them till the flesh falls from the bones. When about half cooked, put in the pluck. When taken from the fire, separate the meat from the bones, and cut it in pieces three or four inches square. Strain the liquor in which it is boiled. Put two thirds of it into the pot, reserving the other third in case it be too thick or too highly seasoned. Put into the pot, before the head is again put in, a half bottle of red wine. Take the other half of the wine and swell four pounded and sifted crackers. Add to the soup a spoonful of marjoram, one of thyme, two of savory, and one of cayenne pepper; salt to your taste; one ounce of mace, one half ounce of pounded cloves, two nutmegs; mix all together, and put it over the fire. Let it boil moderately for two hours. Stir it occasionally, to prevent its burning. Serve with forcemeat balls, thin slices of lemon, and eggs boiled hard.

CALVES' HEAD OR MOCK TURTLE SOUP. One calf's head, with the feet, liver, tongue, and lights, simmered till tender. When thoroughly cooked, let them be taken out, and cut into small pieces; strain the liquor, and let it stand till cold. Then skim the fat off very carefully. Instead of cutting up the head for soup, it

can be served for dinner. The next day, take about two quarts of the liquor, one dozen cloves, one dozen peppercorns, salt, two onions, two carrots, and two turnips, cut fine. Cut up all of the meat that you have left into small, square pieces. Put the vegetables together, and boil them one hour; strain the liquor in which the vegetables are boiled into the two quarts, and let them boil together. Then add three spoonfuls of browned flour, braided into half a pound of butter, and a pint of red wine. Add some forcemeat balls made of the brains, and a little meat chopped fine and seasoned. Put the forcemeat balls, lemon, the yolks of the eggs, and three table-spoonfuls of sage into the bottom of the tureen. Turn the soup on this, and send it to table very hot. This will make about five quarts of soup.

PEA SOUP. Put one quart of split peas to seven quarts of water. Take a knuckle of veal, or some cold roast beef bones, a little savory, sweet marjoram, and let them simmer gently, (stirring every quarter of an hour to prevent the peas from burning,) until they are tender. This will take four hours. Then strain them through a sieve, rubbing them well to get out all the goodness of the peas, leaving in the sieve only the hulls. Put the soup back into the pot, with some black pepper and a little salt. If you like, add a little mint rubbed fine, and a head of celery cut small. Let this boil. Have some slices of bread, nicely toasted, and cut into pieces an inch square, or, if preferred, fry some in butter; put these into the bottom of the tureen, and pour over the soup.

PEA SOUP. Make a strong broth of two pounds of beef, the day before you want the soup, and season it with pepper, salt, and onion. Strain it. When cold, remove the fat. Boil one pint of split peas till tender. Strain them through a coarse sieve. Add to the broth one carrot, one head of celery, and the peas sifted. Boil together for three fourths of an hour. Have some

bread toasted brown, and cut into dice. Put them into the tureen, and pour over them the soup.

PEA SOUP. Put one quart of well-washed split peas into three quarts of soft water, to boil. It is not necessary to soak peas over night. Put them into a pot with two carrots, two onions, a head of celery, to boil for four or five hours. Take about two pounds of salt pork, wash, and score the top well, boil it in a separate pot about one hour. Then add it to your peas, which have been sifted, and let them boil together about an hour. Pour the soup into the tureen, with the accompaniments directed in the above recipe. Take the pork and pour over it a little warm water to clean away the soup, and send it to table in a separate dish.

GREEN PEA SOUP. Two quarts of green peas; a few pieces of lean ham, or a knuckle of veal, or bones from roast meat; two onions, sliced; a few sprigs of parsley, and put them to stew in two quarts of water. When very tender, strain it. Put it on the fire again, with a little pepper and salt, and sweet herbs. Add about a pint of milk. Served the same as above.

VERMICELLI SOUP. Boil a shin of beef, slowly, with two onions, three turnips, three carrots, and a little celery, for five or six hours—the onions should be browned in butter—a few cloves and mace. Strain it and let it cool, so that all the fat can be removed. Put it over the fire again; add about two ounces of vermicelli in pieces two inches long. Then boil one half hour.

VEGETABLE SOUP. One onion; two turnips; one carrot; one quart of water; one head of celery; salt; and a little butter braided in flour; a few cloves or mace.

BROWN SOUP. Four pounds of lean beef, stuck with cloves; stew it in four quarts of water, with a stick of cinnamon, one blade of mace, until reduced one half. When the goodness is boiled out of the beef,

take it out and put in two gills of red wine; a little salt; an onion. When done, strain it, and serve it with toasted bread.

SHIN SOUP. Take a shin, put it in a pot with one gallon and a half of water. Let it stew gently for four hours. When cold, remove the fat. Put it on the fire again with salt, pepper, onion, celery, and carrots. After it has browned some time, add a little browned flour; a glass of white wine. Let it simmer. Put toasted bread, cut in very small pieces, in the tureen.

SHIN OF BEEF SOUP. Have the shin bone sawed in several pieces; put it into a pot with ten or twelve quarts of water and a little salt. The scum must be carefully removed when it first rises. Four onions; two carrots; a tea-spoon of allspice, and one of black pepper; let these stew gently for five or six hours; strain it into a pan, and let it remain until the next day. When the beef is cold, pick out all the gristle and sinews, and cut them in pieces as big as a walnut, and lay them aside to put into the soup; take the fat from the liquor; cut a large onion in slices, and fry it brown; put these with the liquor into the pot, adding four table-spoonfuls of flour, wet with some of the liquor; add a small cup of mushroom or tomato catchup; a little port or claret wine.

OYSTER SOUP. Take a shin of veal, and put it into a pot, with three quarts of water; two carrots, and two onions sliced; some pepper and salt; boil it from three to four hours; strain it through a sieve. Braid a half pound of butter in three table-spoonfuls of flour; boil it some ten minutes. Have ready, washed, one gallon of oysters; strain the liquor into the soup; boil it again; then put in the oysters, with a tumbler and one half of white wine; just boil it up once. Serve it very hot.

The above can be varied in flavor and appearance. Instead of putting in wine, add the same quantity of cream or rich milk to the soup.

LOBSTER SOUP. Boil the veal as for oyster soup. Break up a large lobster; remove the meat; break up the shell, and put it into a saucepan, with water enough to cover it; let this simmer while the soup boils; strain it, and add it to the soup. Cut the lobster up fine; put it into the pot, and boil it one hour. Grate the coral of the lobster; add it to the soup, (it adds a higher color to it;) add, also, a little butter, braided in browned flour; a cup of wine, and the juice and peel of a lemon. Serve this hot, with lemons cut in halves, in a separate dish, for each person to flavor the soup according to their own taste. Instead of the lemon juice, a spoonful of vinegar can be used.

TOMATO SOUP. Boil the veal, as directed for oyster soup, or take some good soup stock. Cut up three onions, two carrots, and three turnips, and add them to the soup, with pepper, salt, and one to two dozen tomatoes; boil this two hours; strain it. Toast some bread very brown, and cut it into small dice; put them into tureen. Pour the soup, when ready to serve, on to the bread.

MUTTON BROTH. Boil a shoulder of mutton in four quarts of water; add one onion, two carrots and two turnips, one table-spoonful of salt, and one cup of rice; boil this one and one half hours. Chop up some parsley, and add it about five minutes before serving. The mutton may be sent to table with drawn butter and capers.

MUTTON BROTH. Take the water in which a leg of mutton has been boiled; add vegetables same as above.

OX TAIL SOUP may be made as in recipe for shin soup. Strain out the vegetables; mix a pint of thickening, and add it to the soup. Add pepper, salt, all-spice, and tomatoes.

CHICKEN BROTH. Take your chicken; put it into a pot, with two quarts of water, a salt-spoon of salt, a little pepper, and a few sprigs of parsley; boil it; skim it well; let it simmer about one hour. You

can thicken the soup with a little flour, or rice, or vermicelli.

MACARONI SOUP. Boil a quarter of a pound of macaroni in one quart of water for ten minutes; strain it off, and throw the macaroni into two quarts of boiling stock; simmer it gently for half an hour; then serve it with grated cheese on a plate separately.

MEATS.

The name which has been given to extract of flesh is *osmazome*, from two Greek words, signifying a smell and broth, or soup. The high flavor and smell of soup, and a part of its nutritive qualities, is owing to this principle. Doubtless Liebig's suggestion will one day be put into practice, and the inhabitants of our cities and populous districts will be supplied with the true zest of the venison and caribou of the forests, and beef from the pampas of Southern America.

"Tenderness of flesh is influenced by a variety of circumstances; as age, sex, leanness or fatness, mode of slaughtering, and incipient decomposition. The flesh of young animals is more tender than that of old ones. The flesh of lean animals is generally finer than that of plump ones. Hunting, baiting, fighting, and whipping animals just before death augments the tenderness of their flesh. With the exception of the first, these barbarous and cruel practices are now justly exploded in most civilized countries. Another circumstance which promotes the tenderness of meat, is incipient decomposition; this is the reason why most animals are kept for some time after being killed, before they are eaten.

The meats of different animals are not equally digestible and nutritive, and the digestibility of the same kind of meat is by no means uniform in different individuals. Venison is easy of digestion. Occasionally mutton disagrees with some persons.

The cooking of food has for its more immediate object the gratification of the taste; but it can scarcely be doubted that its more remote end is the promotion of digestion. Nearly every substance possessing organized life is by civilized man cooked before it is eaten. By cooking, the destruction of organization is more or less effected. Its effect is not always to produce a chemical change in the food; it does not appear that roasting affects the composition of meats. Boiling produces some changes in them, and, in the case of farinaceous substances, breaks or splits the grains of starch. Frying, on account of the effect of heat on all fatty substances, renders meat more indigestible than any other method of cooking.

Among civilized nations, the pig is the only animal whose blood furnishes a distinct article of food. Mixed with fat, and highly seasoned, and enclosed in the prepared intestines, the blood of this animal forms the sausages sold at the shops, under the name of *black puddings*.

In Europe, cases are very frequent of persons being poisoned by eating bad sausages. When well prepared, they furnish a savory and nourishing food, but when the spices and salt are deficient, they undergo a peculiar kind of putrefaction, which begins at the centre of the sausage. They become pale in color, and more soft and greasy in those parts which have undergone putrefaction. In eating the imported Bologna sausages, this should be remembered; for if the seasoning had not been strong, or the smoking insufficient, or too late when applied, ill consequences must arise from eating them.

Professor Lindley, of England, says, "Cold meat is always in a state of decomposition. It is possible that this state may be communicated to the system of a feeble individual, and may be one of the sources of consumption."

Brains of animals differ from ordinary fats in their

chemical properties. They are, however, regarded as somewhat more digestible than common fat.

The tongue and heart of mammals are muscular organs, and in their dietetical properties agree with the flesh of the animals to which they belong.

Sweetbread is the thymus of the calf, and when plainly cooked, and moderately seasoned, forms an agreeable and suitable food for convalescents, but when highly dressed, it is improper for dyspeptics or invalids.

The liver of quadrupeds contains much oil, which renders it unwholesome food for the delicate. Moreover, it is rendered still more inappropriate by the mode of cooking it.

To choose Meats.

VENISON. If the flesh be smooth and close, and the fat be clear, bright, and thick, the animal is young; otherwise it is old. To judge of its sweetness, run a narrow, sharp knife into the shoulder or haunch, and you will know by the scent. Venison is easily digested. It possesses the qualities of looseness of texture, and is easily divided into particles, as are most of the wild meats and game.

BEEF. If the flesh of ox beef is young, it will have a fine, smooth, open grain, and a good red color. The fat should be white, not yellow. Ox beef is the richest and largest; but by some persons, heifer beef, if highly fed, is considered nicer. The grain of cow beef is closer, and the fat whiter, than that of ox beef; but the lean is not of so bright a red.

VEAL. Choose the meat of which the kidney is well covered with white, thick fat. The whitest meat is not the most juicy, as it is often made so by frequent bleeding. The flesh should be white, approaching to pink, and the fat firm. Veal should not be kept more than two days in summer, and four in winter. To be in full perfection, the kidneys ought to

be covered with fat, and the veins in the shoulder bright red or blue, showing it to be newly killed; any other color shows it to be stale. It is best from May to September.

MUTTON. Choose this by the fineness of its grain, good color, and well mixed with fat, which must be firm and white. It is not the better for being young. Wether mutton is the best; the meat of ewe mutton is of a paler color, and the fat yellow and spongy. If of a good breed and well fed, it is better for being old. To keep a loin, saddle, or haunch, the kidney fat should be removed, and the place rubbed with a little salt. Mutton is better to hang forty-eight hours after it is killed; it can be kept two or three weeks in winter.

LAMB. The vein in the fore quarter should be bluish and firm; if yellow or green, it is stale. To ascertain if the hind quarter is fresh, lift the kidney; if there is a faint smell, the meat is stale. If the eyes are sunk, the head is not fresh.

PORK. Pinch the lean, and, if young, it will break. If the rind is tough, and cannot be easily impressed with the finger, it is old. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy, it is tainted. What is called *measly pork* is very unwholesome, and may be known by the fat being full of kernels; which in good pork is never the case.

BACON, OR CORNED PORK. If the rind is thin, the fat firm and of a red tinge, the lean tender, of a good color, and adhering to the bone, you may conclude it is good, and not old. If there are yellowish streaks in it, it is bad.

HAM. Stick a sharp knife under the bone; if it comes out with a pleasant smell, the ham is good.

When surloins of beef, or loins of veal or mutton, are purchased, part of the suet may be cut off for puddings, or to clarify. Drippings will baste every thing as well as butter, excepting fowls and game.

The fat of a neck or loin of mutton makes a lighter pudding than suet.

Meat and vegetables that are frosty or frozen should be soaked in cold water two or three hours before they are used, or longer if they are much frozen. To put them into hot water, or near the fire, until thawed, makes it impossible for the heat to penetrate to cook them.

As to the length of time required for roasting or boiling, the size of the joint must decide. Allow for all solid pieces of meat a quarter of an hour for every pound, and some ten to fifteen minutes over, as you wish it rare or otherwise. A ham of twenty pounds will take four hours and a half to cook; all others in proportion to their weight. A tongue, if dry, takes four hours slow boiling, after it has been soaked. A tongue, freshly pickled, from two hours and a half to three hours. A leg of pork or of lamb takes the full allowance of twenty minutes more than the quarter of an hour to the pound.

If the meat is roasted before the fire, it should at first be put at a good distance from it, and brought gradually nearer, so that the inner part may become hot before the outside is scorched. Meat should be often basted, and, when nearly cooked, floured to make it look frothed. In spitting the meat, the cook should be careful not to run the spit through the best parts, and should observe that it be well cleaned when used, or a black stain will appear where it touches the meat. The meat must be well balanced on the spit, so that they may both turn together. Leaden skewers are sometimes provided to balance it with. In roasting meat, it is a very good plan to put a little salt and water into the dripping pan, and baste for a little while with this before using the fat or drippings from the joint. Dredge it with flour, and baste as usual. When the meat is about half cooked, pour off through the spout of the tin-kitchen most of the fat which has

dripped out. Pour in its place a gill or two of hot water, and put in a little salt. Baste the meat with this. It is not well to salt meat before beginning to roast it, as salt extracts the juices. In roasting all meats, the great secret lies in flouring thoroughly, basting often, and turning the spit so often as not to allow any part to burn.

To roast in a cooking stove, (or rather, to bake,) the fire must be carefully attended to. Put the meat on a grate into a pan, with three or four gills of water in it. Turn the pan often, that it may roast equally. One side of the stove is generally hotter than the other. When about half cooked, salt it, flour it, and turn it over, that the under side may be browned. If the water dries away so that the pan becomes dry, add more hot water. Baste the meat often. You cannot save as much fat from the gravy when meat is roasted in a stove as when it is cooked in a tin-kitchen; it is much more apt to burn. To make the gravy, if there is much fat in the pan, pour it off, and add a little water and flour, browned, which boil together a few minutes.

To boil meats well requires as much attention and care as to roast well. Meat should always be put into cold water, for reasons which have been given before. Let the water heat gradually. All meats should boil *slowly*.

Fast boiling makes meat hard and tough. Allow twenty minutes for every pound of meat. Salt meats require more cooking than fresh.

There are two points to be considered in the boiling of meats: first, to boil gently; second, to skim carefully the froth and scum as it rises. The scum is the red coloring disengaged, and, if not removed, will adhere to the meat, and make it look unsightly. When the water has become hot, the scum will begin to rise, and then is the moment to remove it, with a skimmer spoon. Calves' head and veal require more skimming

than other meats. Still, all meats need careful attention, every two or three minutes, for a quarter of an hour after they begin to boil. If the water boils away so that the meat is not covered, add more, as the part which is above the water will have a dark appearance.

STEWING is an economical way of cooking. Pieces of coarse meat stewed, if properly done, become tender, and are quite palatable.

FRYING. The fat you fry in must be boiling hot the moment the meat or fish are put in, and kept so till they are finished. It is also better that all meats and fish should be covered with either bread crumbs or batter, as these are quickly carbonized and form a crust which prevents the grease from penetrating, and preserves the juices of the articles. In England, iron wire baskets, with handles, are used, in which the article to be fried is placed, and then put into the boiling fat."

BROILING. Waterman's patent broilers are the only utensils fit to be used for this purpose, as all the fat is caught and prevented from falling into the fire to smoke. Meat should be turned often. Never stick a fork into the meat, as then the juice is lost. After it is cooked, put on salt and pepper, and a little butter.

BOILING is the culinary operation by far best suited to dyspeptics, the convalescent, and the sick.

ROASTING, next to boiling, is the best way to prepare food for invalids. Roasted meats should be neither *overdone* nor *underdone*. It is a popular opinion that it is much more nourishing when *underdone*, but this is probably an error. "For the juice, which is more abundant in the underdone meats, is almost entirely aqueous, and can possess very little nutritive quality. By the prolonged roasting, the water of the juice is evaporated, the nutritive matter almost entirely remaining in the cooked meat. Well-done meat probably differs essentially from meat underdressed, in having a little less of both water and fat, while it has the additional

advantage of being more digestible." By roasting, the gelatine is not extracted as in boiling.

Boiling effects the same changes in meat as is produced by roasting, but more rapidly. While the outside is scorched, the inside retains its juiciness.

BAKED meats are more objectionable than any others. Though the general effects are similar to those of roasting and boiling, yet meat so cooked is less fitted for delicate stomachs, in consequence of being more impregnated with the burning fat. It is said, always, that when the fat does not burn, much of it is lost in the process of roasting in a stove. So, of course, it is absorbed by the meat, and thus the different flavor of baked and roasted meats. Frying is the most objectionable of all culinary operations. The influence of heat on fatty substances effects various chemical changes in them, rendering them more difficult of digestion, and more obnoxious to the stomach.

The best Seasons for different Kinds of Meat.

Beef is nicest from January to May. March and April are the best months for salting beef. *Tripe*, when beef is in season.

Pork, to roast, is in season through the cold weather.

Pigs, to roast, from May to July.

Lamb, from June through September.

Veal, from May to June.

Mutton, January to May.

Wild Birds, from October to December.

Turkeys, from November through January.

Chickens, September and October.

Geese, from September through December.

Green Geese, *Ducklings*, and *young Chickens*, May and June.

TO ROAST VENISON. The dry skin should be removed with the fingers. A hauch of venison, weighing sixteen pounds, will be cooked in one hour and a

half, if to be eaten with blazers; if from hot water plates, two hours and one half to three hours. First, sprinkle the fat with a little salt, and then cover it with a sheet of thick paper, well buttered. The spit should be turned often. Baste it frequently. When half cooked, remove the paper, and baste it with claret wine, flour, and butter, frequently, until cooked.

THE SADDLE OF VENISON is the better piece of the deer. It needs but about one half the time to cook as the leg, it being thinner. Served the same as the haunch.

TO STEW A SHOULDER OF VENISON. Remove the bone, and sprinkle salt, pepper, and a little allspice over the meat; roll it up tight, and tie it. Put it in a pot, with just water enough to cover it, with a little salt and pepper. Simmer it, closely covered. When about half done, pour over half a pint of port wine. It will cook in three hours. To be served with the gravy over it. Stew the bone with it, to enrich the gravy.

BREAST OF VENISON should be cooked as the shoulder, or made into a pasty.

HASHED VENISON. Warm up the gravy left from the roast or stew. Make it boiling hot. Then put in the venison, cut into small slices. Do not allow it to boil. The hot gravy will warm the meat sufficiently, if kept in a warm place.

VENISON PIE. Look under the head of *Savory Pies*, page 81.

ROAST BEEF, A SURLOIN. When half cooked, turn the fat out of the kitchen, then baste the meat with the drippings two or three times. Do not salt or flour it until nearly cooked. Just before serving it, dredge on a little flour and salt, baste it well, and put it close to the fire to froth.

The second cut of the surloin, the second cut of the ribs, and the upper part of the rump are good roasting pieces.

YORKSHIRE PUDDING is very excellent when cooked under this meat.

RIBS OF BEEF. This piece should consist of three ribs. The bones are generally sawed through by the butcher about three inches from the top. These should be removed, leaving the meat, which fold under and fix with wooden skewers. This should be roasted like the surloin.

RAGOUT OF BEEF. Beef for ragouts must be without bone; the rump is excellent. A piece of the thick flank is frequently used for this purpose; or any other part that is free from bones and has some fat to it. It should be a thick, short piece, when ready to cook. Make a gravy as follows: Take one and a half pounds of lean beef, and one quarter pound of lean bacon, cut into slices; one onion, sliced; thyme and savory, and a carrot; three blades of mace; a tea-spoon of salt; a little pepper, and four cloves. Put all these into one quart of water, and boil very slowly until reduced to one pint. When nearly cooked, put in a slice of bread, toasted brown and dry, but not burnt. Boil it up and strain it. Put your piece of beef into a stewpan with a little butter, and fry it brown. When well browned on all sides, add a quart of water, and simmer till nearly tender. Then put in the gravy, with a glass of port wine, and two spoonfuls of catchup. Let it boil, and serve hot.

HUNTER'S BEEF. A round or rump of beef that weighs from twelve to fourteen pounds. Take one ounce and a half of saltpetre; one ounce and one half of brown sugar; half an ounce of cloves; one handful and one half of common salt, all in powder; mix these together, and rub them well into the beef. The beef is more tender if it hangs two or three days, according to the weather, before rubbing in the spices. Turn, and rub in the spices every day, for eleven days. There must be no bone in the meat. When to be cooked, dip it into cold water, to take off the loose

spice; bind it up tight with tape, and put it into a pan with a tea-cup of water at the bottom; cover the top of the meat with suet, chopped fine, and cover it with a coarse paste, and bake it five or six hours. When cold, remove the paste and tape. The gravy will be fine, and a little of it improves hashes and soups. Both the gravy and meat will keep some time. The meat should be cut very thin, and smoothly shaved, like smoked beef. Eaten cold, as a relish.

A FRICANDEAU OF BEEF. Take a nice piece of lean beef; rub it with salt, pepper, cloves, mace, and allspice, mixed. Put it into a stewpan with a few slices of bacon; a pint of broth or water; a glass of white wine; a little parsley; all sorts of sweet herbs; an onion, pepper, and salt. When tender, remove it. Skim the gravy well, and strain it. Let it boil until thick, and add a little flour to it. Pour it over the beef. Served hot.

BEEFSTEAKS. A rump steak is the best; one from the surloin is the next best. To broil a steak requires a quick fire. If cooked by a range, put it in front, not over the fire. Turn it often. When cooked, and put into the dish, dust over a little salt and pepper, adding a bit of butter. A table-spoonful of catchup improves the gravy. Pour into the dish a little boiling water, if you wish much gravy. Served hot.

BEEFSTEAKS WITH OYSTERS. Strain the liquor from a quart of oysters, and throw them into cold water, while you simmer the liquor with a bit of mace and lemon peel. Add a little cream or butter, braided in a little flour. Put in the oysters; just boil them up once. Have ready a rump steak, well seasoned and broiled; turn the oysters over it, and serve hot.

BEEFSTEAKS SMOTHERED IN ONIONS. Cut up eight onions very fine, put them into a saucepan with a cup of hot water, a small piece of butter, pepper, salt, and a very little flour. Stew it until the onions are tender. Cook a steak as above, and when finished, pour the

onions into the spider to brown, and when of a nice color, pour it over the steak. Or, brown the onions first in a little butter; when of a good color, pour over them a cup of milk, with pepper and salt. Stew until tender.

FRICASSEE OF COLD ROAST BEEF. Cut the beef into thin slices; shred a handful of parsley; cut an onion in quarters; and put all together into a stewpan, with a piece of butter braided in flour, with a little water or broth. Season with salt and pepper, and simmer very gently one quarter of an hour. Then mix in two eggs, a glass of port wine, and a spoonful of catchup. Stir it together quickly.

TO DRESS COLD BEEF that has not been cooked enough, called *beef olives*. Cut slices half an inch thick, and four inches square; lay on them a forcemeat of crumbs of bread, a little suet, fat, or butter, pepper, and salt. Roll them, and fasten with a skewer or strings. Put them into a stewpan with gravy made from the bones, or the gravy of the meat. Stew them until tender. You can make these of fresh meat.

Observe, that it is owing to *boiling* hashes or minces that they get hard. All sorts of stews, or meat dressed a second time, should be put into *hot* gravy, the first simmered, while the last should only be warmed through.

ALAMODE BEEF. For a rump of beef weighing twenty pounds, make a stuffing as follows: Four pounded crackers; five gills of boiling milk poured over the bread; thirteen eggs; five gills of suet, chopped very fine; twelve table-spoonfuls of sweet marjoram; four of cloves; six of grated nutmegs; three of pepper; two of salt. Mix these well together. Cut holes in the meat about two inches apart, and fill them with the forcemeat, and sew them up. Stick a small onion with cloves, and put at the bottom of the pot; and lay skewers about two inches from the bottom of the pot; place the beef on them after it has been stuffed,

and tied in a round shape with a strong string. Cover the meat with water, or water and red wine, or cider alone. Cover the pot tight to prevent the steam escaping. Let this stew six or eight hours; turn the meat two or three times. Wet five pounded crackers with four gills of wine, and two large spoonfuls of summer savory, and pour over the meat one hour before the beef is taken up. When cooked, take it up; skim off the fat from the gravy, and if not thick enough, boil it down until of proper consistency. Serve the meat with forcemeat balls, and eggs boiled hard.

Beefsteaks may be alamoded by putting into the bottom of a pot some chopped suet, and then a layer of steak, pepper, bread crumbs, salt, onions, nutmeg, or mace, a little clove; then suet again, and steak in succession, till all is expended. Cover the whole with cider, or half water and wine. Stew slowly three or four hours.

TRIPE should be well boiled. When hot, pour over it vinegar boiled with spice. This will be soured in a few days. Or, cut the tripe, after boiling, into square pieces of six inches; wash it well; wipe it dry; dip it in egg and bread crumbs, and fry in hot lard. You may turn over it, when dished, a quart of oyster sauce.

CORNEB BEEF. The edge bone, weighing ten pounds, requires three hours to boil, as this piece should be a little rare.

The end of brisket is a nice piece to boil. A piece weighing eight pounds should boil five hours. Take out the bone, and press the beef for half an hour before sending to table.

TONGUE. If it has been long salting, the tongue must be soaked over night before boiling. It will need to boil five or six hours. When cooked, put it for five minutes into cold water, and skin it, beginning to peel it at the tip.

TO BOIL A CALF'S HEAD. Great care is necessary

in cleaning the head. It should soak some hours in plenty of cold water. Take out the brains; scrape the head clean, and boil it in six or eight quarts of water for two or three hours; then add the liver, lights, and brains, which have been tied up in a cloth separately. Put some salt into the water; skim it well; when nearly ready, take the brains, mash them smooth, and add a quart of the liquor that the head was boiled in, a little butter, flour, salt, and pepper. Boil this together, and add two table-spoons of vinegar to one half the gravy, as all persons do not like the acid. Take up the head, and remove the large bones; lay it on the centre of dish with the skin side up; divide the liver and lights; skin and divide the tongue lengthwise, and lay it around the head on the dish. Put a part of gravy on the head, and send the remainder to table in gravy boats. If there should be any meat left from the dinner, it can be chopped finely, well mixed together, and warmed up in the gravy. Served with toasted bread underneath the meat. The liquor may be made into mock turtle soup, or simply boiled and spiced, and thickened with vermicelli.

CALVES' FEET should be well cleaned, and boiled three or four hours in four quarts of water. Take out the bones, and chop the meat, not very fine; pour over them about a quart of the liquor boiled, with mace, pepper, salt, and a pint of vinegar. This will keep some weeks in cold weather. It can be simply warmed or fried in small pieces in batter, as oysters. If there should be any liquor left from boiling the feet, it may be made into jelly, as directed for calves' foot jelly.

PIGS' FEET, cooked as above, are very nice, and keep well. They may with safety be cooked in winter season by fifty or one hundred at a time.

SWEETBREADS. Parboil them, and then cut off the gristle and hard parts, which cannot be done when raw. Put them again into a stewpan, with some pep-

per, mace, a piece of butter rolled in flour, and stew until tender. You can brown them, after stewing them, by putting on egg and bread crumbs, and setting them into the oven for twenty minutes. The liquor will make a good gravy. Or, after being stewed, the sweet-breads may be dipped in batter and nicely fried.

TO ROAST A LEG OF VEAL. Let the fillet be cut large or small, as best suits the size of your family. Remove the bone, fill the space with a fine stuffing, and skewer it into a round shape. Roast it well, and brown it. Send it to table the large side uppermost.

KNUCKLE OF VEAL. As few people like boiled veal, it is well to leave the knuckle small, and take off some cutlets before it is dressed. The knuckle will keep longer than the fillet, and it is best not to cut the cutlets off until wanted. Break the bones; wash it well, and put it into a saucepan with three onions, a blade or two of mace, a little pepper and salt; cover it with water, and simmer till tender. Macaroni, rice, or rice flour, should be boiled with it to thicken the liquor. Before serving it, you may add, if you choose, a half pint of milk or cream. Or, fry the knuckle with sliced onion, in butter, to a good brown. Cover it with water, adding onion, peas, a cucumber or two, salt and pepper, and tomatoes. Stew until tender.

SHOULDER OF VEAL. Cut off the knuckle for a stew or gravy. Roast the other part, after stuffing it.

NECK OF VEAL. Cut off the scrag to boil in milk and water, with salt and pepper. Or, stew it with rice, onions, and pepper and salt, with very little water. Or, boiled with bacon and greens. The best end may be either roasted, or fried as steaks, or made into a pot pie.

TO STEW A LEG OF VEAL. Stuff it as for roasting; put it in a pot, and cover it with water, adding salt and pepper; when cooked tender, mix two or one glass of white wine, one glass of catchup, a little clove, and the yolks of two eggs, beaten together with a little

of the liquor; then stir this into the liquor, and boil all together for ten minutes. Serve the meat with the gravy poured over it.

VEAL RAGOUT. Take a brisket of veal; cut off the neck and some of the bones, so as to make the piece round. Make some forcemeat, and stuff the meat between the short bones. Put into the pot a little butter; an onion stuck with gloves; a carrot sliced. When the butter is melted, put in the meat; place over it a few slices of salt pork, and strew over it a little pepper, salt, and considerable flour; put in a little water, not enough to cover the meat; put in the bones you trimmed off, with a little mace or nutmeg, or lemon peel; add wine, if you see fit, just before serving. Stew three hours slowly.

BREAST OF VEAL RAGOUT. Bone it nicely; flour it, and fry it a nice brown, or, what is the better way, half roast it. Have ready, boiled, the bones, in some broth or water, with onion, pepper, salt, thyme, or sweet marjoram, mace, a little lemon peel. When the meat is half roasted, put it into the above liquor, which must be thickened with two table-spoonfuls of flour, adding also two table-spoonfuls of catchup and a glass of wine, and the juice of one lemon. Stew until tender.

A LOIN OF VEAL is very nice, roasted plain. You can make a richer dish by removing the kidneys, and putting in their place a stuffing. It requires three hours if simply roasted, and about one half hour more if stuffed.

BREAST OF VEAL. Roast it with a few slices of pork laid over it. It will need a full hour and one half to roast it well.

VEAL CUTLETS. Try out a few slices of salt pork. Cut some slices from the leg half an inch thick, and fry them of a nice brown color in the fat. You can improve the appearance of these by dipping the cutlet into egg, and then rolling them in bread crumbs. Fry

them from fifteen to twenty minutes. Make a gravy by adding a little water and butter to the fry. Dredge in flour, with some soy or catchup. Boil together, and pour over the meat.

HASHED VEAL. Take cold roasted or boiled veal, and chop it very fine; season it with pepper and salt. If you have any cold gravy, put it into the saucepan with the meat; if not, butter is necessary. Warm it well, stirring often, that the gravy or butter may not oil. Serve it on toasted bread.

VEAL CAKE, EATEN COLD. Chop very fine some cold roasted or boiled veal, together with a slice of ham. Soak two pounded crackers in cold milk, to swell them; mix these with two eggs well beaten, a small bit of butter, and an onion, chopped fine. Season with pepper and salt, and mix all thoroughly. Butter a mould or earthen dish, and bake it about an hour. When cold, turn it out, and cut it into slices.

VEAL CONES. Mince small one pound and a half of cold roasted veal, two ounces of butter, and a little ham. Mix these with five table-spoonfuls of cream or milk, two tea-spoonfuls of pepper, one of salt, and some lemon peel, chopped fine. Make this into cones about three inches high; rub them over with egg, and sift bread crumbs over them, and fry them brown. Put fried bread crumbs into a dish, and place the cones upon them. Cold fowl, turkey, or rabbit make good cones. Half this quantity will make a pretty side dish.

VEAL FRICANDEAU. Cut a piece from the leg of veal, the same in width and depth, and about eight inches in length. Make a hole in the under part, and fill it with forcemeat; sew it up. Put on the top some slices of salt pork or bacon. Put into a saucepan any pieces of the meat you have trimmed off; three onions, and one carrot, sliced; a little thyme, or parsley. Cover it with water, adding a little salt and pepper. Cover it closely, and let it stew three hours. Take out the

veal, strain the gravy, and take off all the fat. Add three table-spoonfuls of white wine, and two of catch-up. Boil these together. Then serve the fricandeau with the gravy over it. Slices of veal may be cooked in the same manner, and require a shorter time to be tender.

VEAL OLIVES. Cut thin slices of veal; season them highly with pepper, salt, mace, and chopped lemon peel. Put a bit of butter into each roll, and tie them up with a thread. Fry them of a light brown, and stew them with a little water, a glass of white wine, a table-spoonful of catchup, or some fresh tomatoes, about one hour. Or, they may be put into the oven in a pan with the above liquor. Remove the thread before serving.

CALVES' LIVER. Slice it, season with pepper and salt, and broil nicely; rub a little butter on it, and serve hot.

ROASTED OR BAKED LIVER. Wash and wipe it; stuff it or not, as you like. Put some slices of pork over it, and put it in a pan with a pint of water or veal stock. Boil some macaroni in milk and water. Serve the liver, and pour over the macaroni. Add to the gravy a little butter, catchup, pepper, and salt; turn it over the whole.

ROAST PIG. Make a stuffing, and fill the pig with it, and sew it up. Make a small mop to baste it with, using salt and water until nearly cooked. A pig weighing eight pounds will require from three to four hours' cooking. Boil the pettitoes with the heart and liver, in a small quantity of water, until tender. Mince the heart and liver; thicken the gravy with a spoonful of cream, a little flour, salt, and pepper; warm up again. Split the feet, and serve, laid over the mince.

A SPARERIB OF PORK. Rub it over, before roasting, with pepper, salt, and finely-powdered sage. Take all the fat out of the tin kitchen when the meat is half done, adding water to make the gravy.

FRIED PORK STEAKS. Fry a few slices of salt pork. Dredge a little flour, pepper, salt, and sage over the steaks; fry them fifteen or twenty minutes. Fry some slices of apples in the fat, to be eaten with the pork.

PIGS' FEET. Boil the feet, until every bone will come out, in a little water, with salt, some sage, pepper, and powdered mace. When nearly cooked, add a little vinegar. When cold, slice it, and fry it in batter a nice brown.

PIGS' HEAD CHEESE OR BRAWN. Boil a pig's head until the bones come out, and chop it very fine. Pound eight or ten soft crackers fine, and mix up with it, adding sweet herbs, pepper, salt, and spices. Put it into a mould, and press it for two or three days. Cut it in thin slices. Eaten cold.

PIGS' HAMSLET should be fried in pork fat.

ROAST HAM. Spit a ham. Put it before a moderate fire to roast, about two hours, turning it frequently. Take it up on a dish, remove the rind, take all the fat from the roaster, and put back the ham for two hours more. Baste it frequently. You can make a gravy, if you like, to eat with it, with the drippings, by adding a cup of water, a little flour, and boil it up.

BOILED HAM. A ham weighing twelve pounds requires four hours' cooking. Put it into cold water, more than enough to cover it. When cooked, remove the skin, and trim off all the dark parts. Cover it with pounded cracker, and put it into the oven to brown it. You may parboil it, and finish cooking by baking it. If the ham is old, soak it over night. When about half cooked, some persons think the flavor improved by adding a bottle of champagne, or some vinegar, or good cider, to the liquor, to finish boiling it.

TO FRY SAUSAGES. Prick them; put a very little lard or butter into the spider, and fry them brown, turning them often. Fry a few slices of bread in the fat, and serve the sausages on them. To parboil the sausages before frying renders them rather more deli-

cate, and they will fry brown sooner. Fry twenty minutes; or ten, if parboiled.

MOCK VENISON. Hang up for three days a fat loin of mutton; bone it, and take off the kidney fat and the skin from the upper fat; mix together two ounces of brown sugar and one ounce of black pepper; rub this well into the mutton; pour over it two or three glasses of port wine; cover it well; rub and turn it daily, for five days; roast it as venison; serve it the same way; and few will guess they are eating mutton.

ROAST MUTTON. Any part of mutton may be roasted, but the loin and hind quarter are best. Roast it as beef.

LEG OF MUTTON, BOILED. Flour a cloth, tie up the meat, and put it into boiling water. When done, put it in a pan, and pour cold water over it, and let it stand two minutes before removing the cloth. The flour will adhere to the mutton, and make it look very white.

MUTTON CHOPS, if broiled over the fire, should be wrapped in paper. Ten minutes will cook them. When the paper is taken off, season them with pepper and salt, and a little butter. Or, beat up an egg, and season the chops with pepper and salt; dip them in the egg, and roll them in bread crumbs; put them in a pan, and put it into the oven; cook them about fifteen minutes; after dishing the chops, add to your gravy currant jelly and red wine; dredge in a little flour; boil it up once, and pour over the chops.

LAMB, ROASTED. Roast it as beef, after taking off some of the fat. All the parts of a lamb may be cooked as mutton. You can stew the breast nicely, and, when the bones will draw out, put it on the grid-iron to brown. Stew also some cucumbers, and, when all are cooked, serve the meat in a dish on the cucumbers.

FRESH MEAT GRIDDLES. Chop all the bits of cold fresh beef or veal; season with pepper and salt; make a batter, and lay a spoonful on the griddle, well but-

tered, then a spoonful of the chopped meat, then another spoonful of batter over the meat. When cooked on one side, turn them, and serve hot.

ITALIAN CHEESE. Take a calf's head, feet, liver, heart, and tongue, with a shoulder of veal; boil them till tender; chop and mix them, as directed in brawn. Season highly. Served cold, and cut in slices. This makes a nice relish.

BEEF CHEESE. A shin of beef, boiled with some of the coarse pieces of beef, with a little salt. When tender, separate it from all the bones and gristle; chop it fine; season it highly with spices and herbs to your taste; mould and press it like brawn. It will keep, in a cool and dry place, two or three weeks.

TO MAKE BACON. Take fifty pounds of pork; hang it in the air four or five days; then put it in water for three hours; take three pints of molasses, five pounds of salt, six ounces of saltpetre, both very fine; rub it well with these, mixed; let it lie four or five days to make brine, then turn and baste it once a day for three or four weeks.

Instead of smoking this meat, boil three pints of soot in two gallons of water till it is reduced to three quarts; strain it, and pour it into the other liquor, with which baste it three weeks and dry it.

TO BACON LEGS OR SHOULDERS OF PORK. Rub an ounce of saltpetre on each leg or shoulder; let them lie three or four days; then mix together, for a baste, one ounce of saltpetre, one pint of salt, one pint of molasses, for each leg or shoulder. Put the pieces into some vessel, and baste them every day for three weeks.

TAINTED MEATS, TO REMEDY. Put the meat into a kettle or saucepan of water, and skim it well when it boils; throw in a live coal well burnt, but free from smoke, and leave it in two or three minutes. If the meat is to be roasted, wipe it dry before putting it on to the spit; if poultry, put the charcoal into the belly.

POULTRY AND GAME.

The flesh of birds differs very much in its sensible properties, not only in different kinds, but even in the different muscles of the same bird. The muscles which move the wings are dryer and more tender than those which move the legs. The tendons of the legs are also very strong, and at a certain age become bony; but the flesh of the legs, when sufficiently tender, either from the bird being young, or from long keeping or good cookery, is more juicy and savory than that of the wings.

In a few birds, especially the woodcock and snipe, the legs are at all times preferred to any part. The muscular organs of birds differ from those of quadrupeds, in their flesh never being marbled or having fat mixed with the muscular fibres.

"That exercise produces strength and firmness of fibre," says Dr. Kitchener, in the *Cook's Oracle*, "is excellently well exemplified in the woodcock and partridge. The former flies most—the latter walks; the wing of the woodcock is always tough—of the partridge very tender." Hence the old doggerel distich:—

"If the partridge had but the woodcock's thigh,
He'd be the best bird that e'er doth fly."

The breast of all birds is the most juicy and nutritious part.

The meat of the white-fleshed, as the common fowl and turkey, is generally liked, and, when young, is tender. Chicken flesh is nutritious, easily digested, and is perhaps the least stimulating of animal foods.

The dark-fleshed game, as in the wild birds, is firmer, more stimulating, and somewhat less digestible than chicken.

In the aquatic birds, as the goose and duck, the flesh is mostly firm, penetrated with fat, (which often

acquires a rancid and fishy taste,) and is more difficult of digestion.

The brains of birds are eaten, though seldom, being exceedingly expensive. In the woodcock; the intestine (the *trail*) is, by epicures, considered a *bonne bouche*, or a titbit.

The liver of most birds is a favorite part. It is easy of digestion. The celebrated "*patés de foies gras*," prepared at Strasburg, are made of the livers of geese, artificially enlarged by the cruel process of shutting the birds up in coops, within a room heated to a very high temperature, and stuffing them constantly with food.

All game should be kept till perfectly tender; or, if wanted in a hurry, it may be picked, wrapped in a cloth, and thus buried in the earth for a few hours before it is dressed. "This is the custom abroad, where it is no uncommon occurrence to sup on wild fowl, perfectly tender, that were killed since an early dinner on the same day."

Birds that are dressed so soon after being killed as scarcely to have become cold, are more tender than if put by for a night, and afterwards not kept long enough. On the other hand, if you wish them kept a long time, for any particular purpose, put powdered charcoal or chloride of lime into them. Still better, if you have an ice-house, put your game there, and no other prescription will be needed.

Water birds, in order to be less susceptible of cold, are, by nature, of a warmer temperature than land birds. This is proved by cookery; as a common fowl, to be roasted or boiled, will require from three quarters to an hour, depending on the size; while a tame duck, of equal weight, will be cooked in one half or three quarters of an hour.

Let a goose, or any strong or fat wild fowl, be roasted with a small onion and a pared lemon in the inside. These will draw out the strong fat, and give the bird a milder taste.

To choose Poultry.

A TURKEY COCK. If young, it has a smooth, black leg, with a short spur; and if fresh, the eyes are full and bright, and the feet supple and moist. Old turkeys have stiff, scaly feet; and if stale, the eyes are sunk, and the feet dry.

FOWLS. If a cock is young, his spurs will be short; sometimes, however, they are cut, to deceive the buyer. In old hens, the legs and combs are rough; in pullets, they are smooth, and the skin is tender. A good capon has a thick belly, much fat at the breast, and the comb is pale, and legs smooth. Pullets are best in the spring, just before they begin to lay. Fowls with black legs are juiciest, and best for roasting.

GEESE. The bill and feet of a young goose will be yellow, and there will be but few hairs upon them; if old, they will be red and hairy. If fresh, the feet are pliable; if stale, dry and stiff. Geese are called *green* until three or four months old. Green geese should be scalded; a stubble goose should be picked dry.

DUCKS. Choose them when they are hard and thick on the breast and belly, and when their feet are supple. The feet of tame ducks are thick, and inclined to dusky yellow; a wild duck has reddish feet, and smaller than the tame ones. Ducklings must be scalded.

PIGEONS should be very fresh. The feet should not be stiff, nor rough. Tame pigeons are larger than the wild ones. They should be fat and tender. The wood-pigeon has a dark-colored flesh.

POULTERS. Choose them by the same marks as fowls.

PARTRIDGES AND QUAILS. If young, the bill is of a dark color, and the legs yellowish. They are in season in autumn.

RABBIT. If the claws are blunt and rugged, the ears dry and tough, and the haunch thick, it is old; but if the claws are smooth and sharp, if the ears tear easily, and the cleft in the lip is not much spread, it is young.

Directions for dressing Poultry and Game.

All poultry should be very carefully picked, every pin-feather removed, and the hairs nicely singed.

To pluck either game or poultry, have the bird upon a board, with its head towards you, and pull the feathers away from you, which is the direction they lie in. If the feathers are pulled in a contrary direction, the skin is liable to be torn. Fowls are more easily picked if scalded; but this renders the skin liable to be torn, and, of course, injures the appearance of the birds. Be careful in removing the gall bag. No washing will remove the bitter taste. To draw poultry or game after it is plucked, cut a long incision at the back of the neck, then take out the thin skin from under the outer, with the crop; cut the neck bone off close to the body of the bird, but leave the skin a good length; make an incision under the tail, just large enough for the gizzard to pass through, and no larger. Put your finger into the bird at the breast, and detach all the intestines; take care not to break the gall bladder; squeeze the body of the bird, and force out the whole through the incision at the tail. The bird is now ready for trussing.

In roasting wild fowl, be careful and have a brisk fire. Let them be cooked of a fine yellow-brown color.

Tame fowls require more cooking, and are longer in heating through than wild ones. All sorts should be continually basted, that they may be served with a froth, and appear of a good color.

A large fowl will take three quarters of an hour to roast; a middling sized one, half an hour; and a small one, or chicken, twenty minutes. The fire must be clear and quick before any fowls are put down to roast. A capon will take from half an hour to forty minutes; a goose, an hour; wild ducks, a quarter of an hour; a small turkey, stuffed, an hour and a quarter; turkey poults, twenty minutes; grouse, fifteen minutes; quails, ten minutes; partridges, from twenty

to thirty minutes. A rabbit will take nearly an hour, and the hind part requires the most heat. A pair of chickens require from one to two hours to boil, depending on size and age. A turkey weighing ten pounds requires an hour and three quarters to boil; chickens, broiled, twenty minutes over a slow fire. To roast a common goose, take about two hours; a mongrel one, an hour and a half; a wild one, an hour.

PLAIN ROASTED TURKEY. Having first emptied the bird, picked, singed, and washed it, break the leg bone close to the foot, and draw out the sinews from the thigh; cut off the neck close to the back, leaving the skin long; wipe the inside with a wet cloth; cut the breast bone through on each side close to the back, and draw the legs close up; fold a cloth up several times, place it on the breast, and beat it down till it lies flat; put a skewer in the joint of the wing, and another through the middle of the leg and body, one through the small part of the leg and body, close to the side bones, and another through the extremity of the two legs. The liver and gizzards may be placed between the pinions of the wings, and the points turned on the back. Make a stuffing of two cups of bread crumbs, two spoonfuls of butter, one tea-spoonful of salt, one or two eggs, two large spoonfuls of sweet marjoram, or thyme, and mix them well together; fill the breast with this forcemeat, and sew it up; if you have more than enough to fill the breast, put the remainder into the body, and sew up the opening; baste it with salt and water once or twice, then frequently with butter, or lard it with thin slices of salt pork. Some twenty minutes before serving it, dredge it with flour and a little salt, and baste with butter for the last time. Sausages are always served as an accompaniment to roast turkey in England, either put around the dish on which the turkey is placed, or on a separate dish of hot, mashed potatoes.

BOILED TURKEY is trussed the same as for roasting,

and the stuffing is made with chopped salt pork, instead of butter. If oyster sauce is to be sent to table with the turkey, chop three or four oysters fine, and mix with the stuffing. Flour a cloth well; pin up the turkey tightly; put it into boiling water, in which one or two pounds of salt pork have been boiling for half an hour; let this boil with the turkey. The pork should be served on a separate dish. If no oysters are to be used, put parsley into the drawn butter, and pour a little over the bird.

TO BONE AND COOK A BONED TURKEY. Pluck and singe well the bird. Lay the turkey breast downward on a napkin, and with a sharp knife pass the point through the skin, which cut open straight down the back bone; then clear the flesh from the bones of the carcass until you come to the breast bone, disjoining the wings and legs as you proceed; very carefully separate the breast bone from the flesh, without cutting through the skin, when you may remove the carcass from the interior of the turkey; then take the bones from the wings and legs; for the legs, scrape the first bone free from the flesh to below the first joint, where chop it off; cut the flesh round over the knuckle, and pull the foot, when the remainder of the bone and sinews will come out together. Cut off the wings at the first pinion, and the remaining bone is quickly scraped away. This is a difficult dish to attempt, and only practice can make one perfect in it. Have ready a stuffing made of the meat of a roasted chicken, chopped exceeding fine, salt, mace, sweet marjoram, pepper, pounded cracker, a little butter, with two or three eggs, mixed well together. Fill the turkey with this, and sew it up, preserving as much as possible its natural shape. Crack well two calves' feet and the bones taken from the turkey; put them into a deep saucepan or pot, with one onion chopped fine, one carrot, mace, pepper, salt, and a dozen cloves. (If you add half a head of celery, a little parsley, and thyme,

it is an improvement.) Lay the turkey on the bones, and add about two quarts of water, or just cover the bird; cover it tightly, and let it simmer three hours; then take out the turkey, flour it, and baste it well with butter, and put it into the oven to brown. If there is not one quart of gravy, add water, and boil it nearly one half hour. Beat the whites and shells of two eggs, and add a little of the gravy, *very gradually*, to the egg, stirring it all the while. Put it all together, and boil twenty minutes. Strain through a cloth into a mould. When cold and firm, garnish the turkey with it. Served cold, as a supper dish.

TO CLARIFY MEAT JELLY. It is a better plan than the last to pass the gravy through a sieve, and let it cool to take off all the fat. You can soon satisfy yourself if it be stiff enough, by putting a little on ice. Savory jellies require to be stiffer than sweet jelly. If it is found to be too stiff, add a little *boiling* water; if, on the contrary, too thin, reduce it, by boiling it longer, to its proper consistency; then add the whites and shells of two or four eggs, with two spoonfuls of vinegar and a glass of sherry; whisk these well into the gravy, and let them just boil; taste it, and if sufficiently seasoned, strain it into a mould. When cold, it is ready to ornament any dish, as tongues, ham, pies, or salads. When calves' feet are not to be obtained, a knuckle of veal can be substituted, or they can be used together. The knuckle and feet can be served hot, with a little drawn butter, for the family dinner.

ROAST CHICKENS. Empty the fowl, and wash and singe it. Clean the gizzard. Cut the skin of the wings, and put the gizzard and liver through the holes, and turn the pinion under; put a skewer through the first joint of the pinion and body, coming out at the opposite side, and bring the middle of the leg close up to it; run a skewer through the middle of both legs and body, and another through drumsticks and side

bones. Some send the fowl to table with the feet on, only cutting off the nails. Roast them the same as turkey.

BOILED CHICKENS. Trussed the same as roast, and boiled as turkey. Stuffing is an improvement, both to roast and boiled chickens. Pork should be served and boiled with chickens.

CAPON, TO ROAST. Prepare it as turkey.

CAPON, TO BOIL. Prepared and stuffed as turkey.

BROILED CHICKENS. Split them down the back; put pepper and salt on them, and broil them carefully.

FRICASSEE OF CHICKENS. Boil them rather more than half an hour in a small quantity of water; when cool, cut them up. Take the liquor in which they were boiled, add onion, mace, lemon peel, salt, pepper, and sweet herbs, if you choose, and put in the fowl and simmer until tender. When quite cooked, take out the meat, and thicken the gravy with a bit of butter rolled in flour, and add, if necessary, more seasoning. Put the liver, gizzard, and necks into the gravy to boil. Wine and eggs may be added, if preferred, to other seasoning.

CURRY OF CHICKENS. Cut the chicken into good shaped pieces. Try out a few slices of salt pork, and put in the chicken to brown a little; fry also the onions after the chickens are browned; then add *hot* water to cover the whole, with a little salt; let it simmer about half an hour, then add a table-spoonful of curry mixed with water; stir it into the gravy, and let it boil with the chickens until tender. To be served with boiled rice. In India, curries are never served without an acid accompaniment. The East Indians make a curry paste, in which the acid is mixed with the powder to cook with the meat; or they use chutney.

CHICKEN PILAU. Put one pound of best rice into a fryingpan with two ounces of butter, which keep moving over a slow fire until it is slightly browned.

Take a fowl trussed as for boiling, and put it into a stewpan with five pints of good broth, seasoning it with pepper, cloves, allspice, mace, salt, and a few pounded cardamom seeds, with fresh tomatoes, or catchup; let it boil slowly until nearly done; then add the rice, and let it stew until quite tender and almost dry. Take three or four onions, and cut them into slices; sprinkle them with flour, and fry, without breaking them, of a good brown color. Boil three eggs hard, and slice them. Lay the fowl upon the dish, and cover it with the rice, forming a pyramid; garnish it with the fried onions and hard-boiled eggs. Serve very hot. Sometimes raisins are boiled with the rice.

TO ROAST DUCKS. For a pair of ducks, make a stuffing of one onion, bread crumbs, sage, butter, pepper, and salt; flour them thick, baste, and turn them often. Black ducks cook in half an hour; canvas-back in twenty-five minutes. Wild ducks should be cooked after the soup is served.

TO ROAST GEESE. Clean well a common goose, and wash it, and truss it as turkey. Make a stuffing of six boiled potatoes, mashed fine, or six spoonfuls of boiled rice, two onions, one spoonful of salt, one of pepper, with two of powdered sage. Stuff the goose; if you have any stuffing left, put it into the body, and sew it up. Roast it two hours. Baste it with its own drippings.

GOOSE, STEWED. If an old one, this is by far the better way to cook it. Use any vegetables to your taste, with pepper and salt, and a little sage.

A **WILD GOOSE** should be roasted rare; one hour is sufficient time. Add a glass of red wine and half a cup of currant jelly to the gravy.

MONGREL GOOSE is cooked as the common goose. It requires no stuffing. An hour and a half will cook a goose without stuffing.

TO ROAST PARTRIDGES. Lard them well with salt pork; tie the legs down to the rump, (if you have not

the proper small skewers,) leaving the feet on. Baste them well with butter.

TO BOIL PARTRIDGES. Cut off the feet, and tie down the legs. Boil them in water in which a piece of salt pork has been boiling for three fourths of an hour.

TO BROIL PARTRIDGES. Split them down the back, and broil them twenty minutes; dredge them with pepper and salt, and put on them a little butter.

TO ROAST PIGEONS. They may be stuffed or not, as it suits one's taste. Prepare the following stuffing for a dozen birds: Two large cups of pounded crackers; one spoonful of pepper; two of salt; one of allspice; one onion; a little butter, or salt pork scraped; one or two eggs; a little mace, with two spoonfuls of sweet marjoram or thyme. Mix this well, and stuff the bodies; sew them up, and truss them well. Roast them half an hour; baste them with butter, and lard them with a small strip of pork on the breast.

POTTED PIGEONS. Stuff them as for roast. Try out a few slices of pork, and brown the pigeons; brown also a few slices of onions; then cover the pigeons with a little water, with salt, pepper, a little pounded clove, and stew them until tender. Some persons split a few crackers, dip them in cold water, and, after the pigeons have stewed about an hour, cover them over with the crackers, and stew twenty minutes longer. Serve them in a deep dish, crackers underneath, and pour over the whole the gravy.

STEWED PIGEON. Cut them open on the back, and season them well with salt and pepper; put a layer of pigeons in the pot, then a layer of split crackers, dipped in cold water, then pigeons again in succession with crackers. Cover them with water, and let them simmer gently. A knuckle of veal is very good cooked in this way.

QUAILS. Tie the legs down to the rump; let the feet be uppermost. Dredge them with flour, baste them with butter, and roast twenty minutes.

WOODCOCK should be trussed with the bills running through the legs and wings. Roast them as quails. Epicures wish them not drawn. When eaten hot, to be served on toast.

PLOVERS. Roast the same as quails, without taking out the trail, and serve on toast.

RABBITS may be eaten various ways.

Roasted, with stuffing, as turkey. It should be trussed with the head on, and the front leg turned back, and skewered through the body. The hind leg straightened out, so that it be upright when dished.

Boiled, and smothered with fried onions.

Fried, in joints, with fried parsley.

Fricasseed, as chickens, or in a pie, or curried, as chickens.

CHICKEN SALAD. Roast or boil either chickens, turkey, or veal; remove all the skin and gristle, and chop it very fine. Put the lettuce into cold water. If made with celery, it should be slivered very fine, and put into iced water to crisp.

Five pounds of meat, an equal quantity of lettuce or celery. Add the dressing to the salad only a few minutes before it is sent to table. See *Dressing*, p. 161.

PICKLES.

PICKLES should never be kept in potters' ware, as arsenic and other poisonous substances are employed in the glazing; neither should they be prepared in metal saucepans, as acid dissolves the lead that is in the tinning of some, and corrodes the brass of others. One may not be instantly poisoned after eating pickles prepared or kept in such vessels; but if constantly used, a deleterious influence must be operating on the health from this cause, even when least suspected.

Keep pickles closely covered; and have a wooden spoon (with holes, if to be obtained) attached to each

jar or firkin. No metal article should be allowed. The air must be excluded. It is well to keep a small jar into which all that was left from any meal may be put, and the top closely covered. When necessary to boil vinegar, do it either in a stone jar or in the porcelain-lined saucepans.

PICKLED CABBAGE. Slice the cabbage; put it into a colander, and sprinkle it with salt; then let it drain for two days. Put it into a jar, and pour boiling vinegar to cover it. Select purple cabbages. Those who like spice should boil it in the vinegar. Cauliflower, cut in branches, after being salted and put with the cabbage, will look a beautiful red.

TO PICKLE NUTS. Lay them in salt water, and let them stand nine or ten days, changing the water three times. Take them out, wipe them dry, and put them into a stone pot. Boil some white wine vinegar with cloves, mace, race ginger, pepper, and horse radish, and pour over the nuts. The last of June or first of July is the time to gather butternuts or walnuts for pickling. To one hundred of nuts put a spoonful of mustard seed, one third of an ounce of nutmeg, one quarter of an ounce of cloves, one quarter of mace, one half ounce of allspice.

MARTINOES. Gather them when rather small; wipe off the down, and put them into cold, weak brine for ten days, changing it three times. Boil vinegar with allspice, mace, cloves, and cinnamon, and pour over the martinoes boiling hot.

NASTURTIIONS. Gather the seed when green, and throw them into cold vinegar. They need a little salt. Used instead of capers.

PEPPERS. Keep them warm by the fire for a week, in brine as strong as sea water. Stuff them, if you please. Pour hot vinegar over them. Do not put peppers, in any quantity, with other pickles; a few improve cucumbers.

PICKLED CUCUMBERS. Put them into an earthen

pot, and pour boiling hot water, with a very little salt in it, over them. Cover them, and let them stand two days. Then take them out, and put them into a jar, and cover them with boiling vinegar. Look at them occasionally, as they may need more vinegar, or the vinegar may require scalding.

MANGOES. Choose small muskmelons. Cut a small square piece out from one side, and remove the seeds with a spoon. Fill the melons with a stuffing made of cloves, mustard seeds, salt, scrapings of horse radish, and chopped onion. Sew in the piece with coarse thread, and pour boiling vinegar over them four successive days. Then lay them in fresh vinegar, and cover closely.

LEMONS. They should be small, with thick rinds; rub them with a piece of flannel; then slit them half down in four quarters, but not through to the pulp. Fill the slits with salt, pressed in; set them upright in a pan for four or five days, until the salt melts; turn them every day in their own liquor, until tender. Boil vinegar, with a little pepper and race ginger, and pour over the lemons when cold. When the lemons are used, the pickle will be useful in fish or other sauces.

PEACHES. Choose peaches that are ripe, but not soft enough to eat. Put a clove into each one. Boil a pound of brown sugar with a gallon of vinegar; skim it well, and pour hot over the peaches. Cover them closely. It may be necessary to scald the vinegar again in a week or two. They retain their flavor well.

BASIL VINEGAR. Sweet basil is in perfection about the middle of August. Fill a wide-mouthed bottle with the fresh leaves, and cover them with vinegar or wine, and let them steep ten days. If you wish it very strong, strain this liquor off, and fill up the bottle with fresh leaves; add the strained liquor. This is an agreeable addition to sauces, salads, and soups. This is a secret the makers of mock-turtle soups make free

use of to give a zest to their soups. A table-spoonful, put in when the soup is finished, will flavor a tureen of soup with basil and acid.

The flavor of celery and other sweet herbs may be preserved in the same way. *Horse radish*, when in perfection, scraped, and one quart of vinegar poured over three ounces of radish, with a little black or cayenne pepper, is an excellent relish for cold beef and veal.

LEMON PEEL PICKLES. Take six large and very thick-skinned lemons; quarter them; take the juice and core out; put the peels in salt and water. Let them remain six days where they will be warm all the time. Put the juice in the brine, with a few cloves, allspice, and a few pieces of ginger root. Keep the whole (except the core) warm for another week, when they will be found ready for eating, and exceedingly nice.

RADISH PODS. Gather them, in sprigs or bunches, when young and tender. Let them stand in salt and water three days; pickle like cucumbers.

GREEN BEANS. Gather them half grown, and pickle in cold vinegar, with spices.

OF MILK AND ITS PRODUCTS.

Of the indirect products of agriculture, milk, and the butter and cheese manufactured from it, are among the most important.

The milk of most animals is a white, opaque liquid, having a slight but peculiar odor, which becomes more distinct when the milk is warmed, and an agreeable sweetish taste. When newly taken from the animal, cow's milk is almost always slightly alkaline. It soon loses this character, however, when exposed to the air; and hence even new milk sometimes exhibits a slight degree of acidity. It is said, that if the animal

remains long un milked, the milk begins to sour in the udder; and, of course, it would be slightly acid when freshly drawn from the cow.

Ewes' milk does not differ much, in its appearance, from that of the cow, but it is generally thicker, and gives a pale yellow butter, which is soft, and soon becomes rancid.

Goats' milk generally possesses a characteristic unpleasant odor and taste, which is said to be less marked in animals of a white color and such as are destitute of horns. The butter is always white and hard, and keeps long fresh. The milk is said to be very wholesome, and is often recommended to invalids.

Asses' milk has much resemblance to that of woman. It yields little cream, and the butter is white and light, and soon becomes rancid.

Milk consists, besides water, of sugar, butter, and the curd, with some saline matter, partly soluble and partly insoluble in water. These proportions vary with different animals. The milk of the cow, goat, and ewe, contains more cheesy matter than that of woman or the ass. It is probably the similarity of asses' milk to that of the human species, together with a deficiency in butter, which, from the most remote times, has recommended it to invalids, as a light and easily-digested drink.

The quality and quantity of milk is modified by many circumstances, viz., the breed, the food and pasture, the age and health of the animal, the time and frequency of milking, the treatment and temperament of the animal, and the distance from the time of calving.

The quality of cows' milk depends much, especially, upon the race and size of the animal. As a general rule, small races, or small individuals of the larger races, give the richest milk, from the same kind of food. A milch cow should have a long, thin head, with a brisk but placid eye, and Mr. Youatt states, "that she

should be thin and hollow in the neck, narrow in the breast and point of the shoulder, and altogether light in the fore quarter; but wide in the loins, with little dewlaps, and neither too full fleshed along the chine, nor showing in any part an inclination to put on much fat. The udder should be large, round, and full, with the milk veins protruding, yet thin skinned, but not hanging loose or tending far behind. The teats should also stand square, all pointing out, at equal distances, and of the same size; and although neither very large nor thick towards the udder, yet long and tapering towards a point. A cow with a large head, a high back bone, a small udder and teats, and drawn up in the belly, will, beyond all doubt, be found a bad milker."

The kind of food has probably more influence upon the quality of the milk than any other circumstance. It is familiar to every dairy farmer, that the taste and color of his milk and cream are affected by the plants on which his cows feed, and by the food he gives them in the stall. All vegetable productions which contain much water, mixed with nutritive matter, increase the quantity of milk. The quality of milk is affected by almost every change in the health of the animal. The poorer the apparent condition of the cow, — good food being given, — the richer, in general, is the milk.

If the cow be milked only once a day, the milk will yield a seventh part more butter than an equal quantity of that which is obtained by two milkings in the day. When milk is drawn three times a day, it is more abundant, but still less rich. It is also universally remarked that the morning's milk is of better quality than that obtained in the evening. The milk in the udder of the cow is not of uniform quality. That which is first drawn off is thin and poor, and gives little cream. That which is last drawn — the strippings or afterings — is rich in quality, and yields much cream. Compared with the first milk, the same

measure of the last will give at least eight, and oftentimes sixteen times as much cream. The quality of the cream, also, and of the skimmed milk, is much better in the latter than in the earlier drawn portions of the milk.

A state of comparative repose is favorable to the performance of all the important functions in a healthy animal. Any thing which frets, torments, disturbs, or renders it uneasy, affects these functions, and, among other results, lessens the quantity and changes the quality of the milk.

There is no kind of milk of which different examinations of the products afford such different results, as that of woman: not only does the milk of different individuals present very different results, but that of the same nurse, when analyzed at various times, offers dissimilar proportions. This milk, like every other, becomes covered with a coat of cream; but it is often the case that the most prolonged churning cannot produce butter. The astonishing differences which appear in woman's milk may be attributed to the passions of the mind, to nervous agitation, and to frequent changes of diet. The action of the two first agents is of the most powerful kind; and as they are exercised most vigorously and frequently upon the human species, it is not wonderful that they should exert a decided influence upon the milk of women. The suspicion that hereditary or constitutional affections alter the condition of milk, is strengthened by the common observation that the milk of different nurses does not equally suit the same child, nor that of the same nurse different children. That mental emotions affect the quality of the milk is proved by the fact, that the action of the bowels of the child is frequently disordered, in consequence of some sudden emotion on the part of the nurse. The influence which many medicines, taken by the patient, have over the child, is a circumstance known to every nurse. We can modify

the *color* of the milk by mixing saffron or madder with the food; the *odor* may be affected by various plants; the *taste* may be altered by the use of bitters, as wormwood; and lastly, the *medicinal effect* may be also influenced. Children may be salivated by sucking nurses under the influence of mercury, or purged by the exhibition of drastics, or narcotized by the administration of opiates to the nurse, or stupefied by the frequent use of intoxicating drinks by the parent. These observations deserve great attention from those interested in the nursing of children. The sugar of milk is obtained, by boiling and evaporation, in the shape of crystals. It is less sweet than the sugar of the grape or of the sugar-cane. It undergoes no change when exposed to the air. It is used by homœopathists as a foundation of their powders and pellets, as it contains no lime like common sugar. When milk is exposed to the air for any length of time, it acquires a sour taste, which gradually increases in intensity till the whole ferments. This sour taste is owing to the production of a peculiar acid, to which the name of *acid of milk*, or *lactic acid*, has been given. This acid is rarely found in milk when first drawn from the cow, but it very soon begins to form. It is produced from the sugar, through the influence of the cheesy matter of the milk. The pure acid may be mixed with cold milk, without causing it to curdle; but if the mixture be heated, the curd forms and speedily separates. It is for the same reason, that milk may be distinctly sour to the taste, and yet may not coagulate. But if such milk be heated, it will curdle immediately. So cream, when sour, may not appear so till it is poured into hot tea, when it will separate, and leave its cheesy matter floating on the surface.

If milk be kept at a low temperature, it may be preserved for several days without becoming sensibly sour. This is done in Switzerland; by immersing the milk vessels in a shallow trough of cool water, which

is renewed often. In such cases, the operation of the cheesy matter is going on, though slowly. The curd of milk, or any substance which possesses the power of changing sugar into lactic acid, loses that power if the solution in which they are present be raised to the boiling point. If milk be put into bottles, be well corked, put into a pan of cold water, and gradually raised to the boiling point, and then allowed to cool, and put into a cool place, the milk may be preserved sweet for upwards of half a year. If milk be exposed to the air, after being boiled, the cheesy matter will gradually resume the property of transforming the sugar into the acid. Hence, if milk be boiled, it is preserved sweet for a longer time, though at the end of a day or two it will turn sour. If the milk be boiled every morning, or every other morning, the souring property of the cheesy matter is at every boiling destroyed again, and the milk may thus be kept fresh for two months or more. Milk is in general readily digested by children, unless it contain too large a quantity of nutritious matter. It frequently disagrees with adults. With some it proves heavy and difficult of digestion, owing to its oily constituent, (butter.) With such, asses' milk, or skimmed cows' milk, usually agrees.

The fatty part of the milk, which exists in the cream and forms the butter, is merely mixed with and held in solution by the water of which the milk chiefly consists. In the udder of the cow, it is in some measure separated from, and floats on the surface of the milk, the latter drawn portions being always the richest in cream. During the milking, the rich and poor portions are usually mixed together again; and thus the separation afterwards is rendered slower, more difficult, and less complete. This is proved by two facts: first, if the milk be shaken or stirred, so as to mix all its parts together before setting it aside, the cream will be considerably longer in coming to the surface; and second, more cream is obtained by keeping the milk in

different vessels, as it is drawn, and setting these aside to throw up their cream, than by mixing the whole milking together. When the collection of cream is the principal object, economy suggests that the first, second, third, and last drawn portions of the milk should be kept apart. This would be easily done by having three or four pails to put the milk into. Cream does not readily rise through any considerable depth of milk; it is proper, therefore, to use broad, shallow vessels, in which the milk stands at a depth of not more than two or three inches. The temperature of the surrounding air materially affects the quantity of cream which milk yields, and the rapidity with which it rises to the surface. An equal quantity of cream from the same milk may be taken off in a much shorter time in warm weather than in the cold season. The reason of this is, that the fatty matter of the milk becomes partially solid in cold weather, and is thus prevented from rising to the surface of the milk as easily as when in a perfectly fluid state. In very thin, or poor milk, in which little cheesy matter is contained, the cream will rise more quickly.

The composition of cream is even more variable than that of milk; and its richness depends much on the manner in which it is collected. It does not consist wholly of fatty matter, but these globules of fat, as they rise, bring up with them a variable proportion of the curd and some of the sugar. It is the sugar which makes the cream turn sour, and the cheesy matter which makes it curdle, when mixed with acid liquids or acid fruits.

The clotted, or clouted cream, used so much in England, as well as the butter prepared from it, contains, probably, an unusually large quantity of cheese. It is prepared by straining the warm milk into large shallow pans, into which a little water has previously been put, allowing these to stand from six to twelve hours, and then carefully heating over a slow fire to

the boiling point. The milk must not boil, neither must the skin of the cream be broken. The dishes are now removed to the dairy and allowed to cool. In summer, the cream should be churned the following day; in winter, it may stand over two days. The quantity of cream obtained is said to be one fourth greater by this method, and the milk is proportionably poor. When milk, on which there is no cream, is heated to boiling, a pellicle of cheesy matter forms on its surface. Such a pellicle may form, in a less degree, in the above scalding process; and may thus increase the quantity of cream.

In milk and cream, the oily globules appear to be surrounded with a thin white shell or covering, probably of the cheesy matter, by which they are prevented from running into one another and collecting into larger oily drops. But when cream is heated for a length of time, these globules, by their lightness, rise to the surface, press nearer to each other, break through their coverings, and unite into a film of melted fat. In like manner, when milk or cream are strongly agitated by any mechanical means, the temperature is found to rise, the coverings of the globules are broken or separated, and the fatty matter unites into small grains, and finally into lumps. This is our ordinary butter. The union of these globules appears to be greatly promoted by the presence of a small quantity of acid, since, in churning, it never takes place until the milk or cream has become sour.

Cream, for churning, is usually allowed to become sour. It ought to be, at least, one day old; but may with advantage be kept several days in cold weather. It should be frequently stirred. This sour cream is put into churns, and worked in the usual way till the butter separates. This is collected in lumps, well beaten and squeezed free from milk, and in some dairies is washed with pure cold water, as long as the water is milky. In other localities, the butter is not washed; but, after

being well beaten, is carefully freed from the remaining milk by repeated squeezings and dryings. Both methods, no doubt, have their advantages. In the same circumstances, the washed butter may be more easily preserved in the fresh state, while the unwashed butter will probably possess a higher flavor.

If cream be put into the churn sweet, butter will be obtained, but, in most cases, it requires more labor and time, without affording, in general, a finer quality of butter. The cream becomes sour before the butter begins distinctly to form.

The method of churning the whole milk is very laborious, from the difficulty of keeping in motion such large quantities of fluid. It is said, however, to give a larger quantity of butter. In churning clotted cream, there is an exception to the general rule just stated — that more time is required in churning sweet cream. In clotted cream, the heating of the cream has disposed the oily globules to adhere; an incipient running together of these has taken place before the cream is removed from the milk; and hence the comparative ease with which the churning is effected. I presume there is some peculiar flavor in butter prepared in this way; as it is known, in other countries, by the name of "Bohemian butter."

It is probable that the proportion of cheesy matter contained in butter varies much. The thickness and richness of the milk; the mode of preparing the butter, whether from the milk or cream; the way in which the cream is separated from the milk, whether by clotting or otherwise; and the nature of the food and pasture, — must all affect, in a great degree, the proportions of the fatty and cheesy matters of which butter consists. The pure fat of the butter may be obtained in a nearly pure state; and it can be preserved for a long time without becoming rancid. It is the various substances with which its fatty matter is mixed that give to common butter its tendency to become rancid and to acquire an unpleasant taste.

The more quickly milk or cream is churned, the paler, softer, and the less rich is the butter. Cream may be safely churned in from one to one and a half hours; while milk ought to have from two to three hours. The churning should be regular, and slower in warm weather, that the butter may not be soft and white; and quicker in winter, that the proper temperature may be kept up. When the process of churning is continued after the full separation of the butter, it loses its fine yellowish, waxy appearance, and becomes soft and light colored. The weight is said to be increased; and hence over-churning is frequently practised in making butter for immediate sale.

Much depends on the temperature of the cream when the churning is commenced. Cream, when first put into the churn, should never be warmer than 53° to 55° Fahr. It rises during the churning. Milk should be at 65° Fahr. In winter, either of these temperatures may be easily attained. In cold weather, it is often necessary to add hot water to the cream to raise it even to 55° . In summer, even in cool and well-ordered dairies, it is difficult to keep the cream down to this point.

It seems almost unnecessary to mention, that cleanliness is peculiarly necessary in the manufacture of butter. Cream is remarkable for the rapidity with which it absorbs and becomes tainted by unpleasant odors. It is necessary that the air of the dairy should be sweet, and that it be often renewed; and that it should be open in no direction from which bad odors can come.

When butter becomes rancid, there are two substances which change — the fatty matters, and the milk-sugar, with which they are mixed. There are two agencies by which these changes are induced — the caseine or cheesy matter present in the butter, and the oxygen of the air. The quantity of cheesy matter which butter usually contains is very small; but it is

the singular property of this substance to induce chemical change of a very remarkable kind upon other compound bodies, even when mixed with them in very minute quantity. In butter, the same changes take place as in milk. The caseine alters the sugar and the fatty matters, producing acids, to which its rancid taste and smell are to be ascribed.

In the making of butter, it is of much consequence to free it, as completely as possible, from the curd and sugar of milk. The washing of the butter must be the most effectual method, and is generally recommended for butter that is to be eaten fresh. In some dairies, it is carefully abstained from in the case of butter which is to be salted for long keeping.

There are two circumstances which, in the case of butter that is to be kept any length of time, may render it inexpedient to adopt the method of washing. The water may not be of the purest kind, and thus may promote the future decomposition of the butter. The water should contain as little lime as possible, as the butter would retain the lime and acquire a bad taste from it. The water may also contain organic substances in solution—vegetable or animal matters, not visible perhaps, yet usually present even in spring water. These the butter is sure to extract, and they may materially contribute to its decay, and to the difficulty of preserving it from rancidity.

The washing of butter also exposes the particles of butter to the action of the oxygen of the air much more than when the butter is merely squeezed. The effect of this oxygen, in altering either the fatty matters or the small quantity of caseine which remains, contributes to render butter more susceptible of decay. But the caseine, after it has been for a longer time exposed to the air, undergoes another alteration, and induces a still more unpleasant acid during this period of its action. In the preservation of butter, therefore, it is of indispensable necessity to exclude the air. In

butter that is to be salted, the sooner the salt is applied, and the whole packed close, the better and sweeter the butter is likely to remain.

The action of this cheesy matter and its tendency to decay are arrested, or greatly retarded, by putting over the butter a solution of salt, saltpetre, and sugar. Where the butter has been washed, this mixture of cane-sugar may supply the place of the milk-sugar which the butter originally contained, and may impart to it a sweeter taste.

The salt should be as pure as possible, and as free from lime and magnesia as can be obtained. It is easy to purify the common salt by pouring a couple of quarts of boiling water upon fourteen pounds of salt, — stirring the whole well, for a couple of hours, and afterwards straining it. The water, which runs through, is a solution of salt, and contains all the impurities, but may be used for common culinary purposes, or may be mixed with the food of cattle. The salt in the cloth is free from salts of lime and magnesia, and should be hung up to dry.

The salt must be thoroughly incorporated with the butter. The first sensible effect is to make the butter shrink and diminish in bulk. It becomes more solid, and squeezes out a portion of the water, with which part of the salt also flows away. The most important point to be attended to, in the salting of butter, is to take care that all the water which remains in the butter shall have dissolved as much salt as it can possibly take up; and that, in no part of the butter, shall there be a particle of cheesy matter which is not also in contact with salt. If you exclude the air, the solution of salt will not only preserve this cheesy matter from decay itself, but will enable it to prevent decay in the sugar and fat which are in contact with it.

It seems almost extraordinary that such rigid precautions should be necessary, to prevent the evil influence of half a pound of cheesy matter in one hundred

pounds of butter. The second agent to be guarded against is the oxygen of the atmosphere. It must be carefully excluded. Its effect is to change the solid acid into the disagreeable liquid acid of butter.

To this action of the air is partly to be ascribed that peculiar kind of rancidity, which, without penetrating into the interior of well-packed butter, is yet perceptible on its surface wherever the air has come in contact with it. A knowledge of this action of the air urges strongly the necessity of incorporating and kneading together the butter in the cask or firkin; that no air-hole or openings for air be left; that the cask itself be not only water-tight, but air-tight; and that it should never be finally closed till the butter has shrunk in as far as it is likely to do, and the vacancies, which may have arisen between the butter and the cask, have been carefully filled up again.

Buttermilk, when made from the whole milk, differs from the milk in the absence of butter. As it contains the caseine, the sugar, and the salts of milk, it must possess nutritive qualities. The lower classes in Ireland use it extensively as an article of food. It forms a very agreeable, cooling beverage, in febrile and inflammatory cases. In various parts of Switzerland and Germany there are special establishments for the cure of chronic diseases by the use of pure or aromatized whey, — "*Cures de Petit Lait.*" The whey is obtained from the milk of the cow, the goat, or the ass; and is used as a drink, as a lavement, or as a bath. Its use is often associated with that of mineral waters.

RENNET is prepared from the salted stomach of the calf, lamb, young kid, or pig. That from the calf is generally preferred.

Differences prevail in the mode of using and salting the stomach; and perhaps the different flavors of cheese, made in different countries and districts, is owing to this. It is the universal opinion, however, that the stomach must be kept for ten or twelve months

before it yields the strongest and best rennet. Some put a handful of salt into and around it, then roll together and hang it in a warm place to dry. Others salt it in pickle for a few days, and then hang it to dry; while others, again, pack several of them in layers, with much salt within and without, and preserve them in a cool place till the cheese-making season of the next year.

In making the rennet, there are different customs. A bit of the dried stomach is put into half a pint of lukewarm water, with a little salt. It is allowed to stand over night, and, in the morning, the infusion is turned into the milk. In some counties in England, the dried stomach is chopped, and put, with a handful or two of salt, and one or two quarts of water, into a jar, and allowed to stand for two or three days; and when the liquid is strained, it is bottled for use — this may be kept for many months. Some use pure water only, others a decoction of the leaves of the sweetbrier, and the bramble, or of aromatic herbs and flowers; while others, again, put in lemons, cloves, mace, or brandy. This is done, both to preserve the rennet, and to impart a flavor to the cheese.

The milk must be heated to about 90° or 95° Fahr., and the rennet poured in, and well mixed with it. The quantity necessary varies with the quality of the rennet — from a table-spoonful to half a pint for thirty or forty gallons of milk. The time necessary for the complete fixing of the curd varies from fifteen minutes to an hour, or even an hour and a half. This is owing chiefly to the different temperatures of the milk, and the quality and quantity of the rennet employed.

Whatever gives rise to natural differences, in the quality of the milk, must affect also that of the cheese prepared from it. If the milk is poor in butter, so must the cheese be. The milk of different animals gives cheese of different qualities. Ewes' milk and goats' milk cheeses are celebrated for qualities which are not possessed by cheeses made from cows' milk.

The Schabzieger, or Zapzieger, or Sap-Sago cheese is readily distinguished by its marbled appearance and aromatic flavor, both produced by the bruised leaves of the *melilot*, (*melilotus officinalis*,) or wild oats. The bruised flowers, powdered and sifted, or the seeds alone, are used. Our sage cheese is a humble imitation of these celebrated Swiss green cheeses.

Further differences are produced, according to the proportion of cream which is added to the milk. If cream alone is used, we have rich cream cheeses, which must be eaten fresh. Or, if the cream of the previous night's milking be added to the new milk of the morning, we may have such cheese as the Stilton of England. If the entire milk only be used, we have the Cheshire, the Wiltshire, or the Double Gloucester. In fact, in every county of England and Ireland, as in Holland and France, there is some difference in the mixture of milk and cream, which produces like difference in their famous cheeses.

From buttermilk a poor cheese is also obtained. From this milk the curd separates naturally by gentle heating. But, being prepared from sour milk without the use of rennet, buttermilk cheese differs more or less in quality from that made from sweet skimmed milk.

The acid of the buttermilk, especially after standing a day or two, is capable of coagulating new milk; and thus, by mixing more or less sweet milk with the buttermilk before it is warmed, several other qualities of cheeses may be made.

POTATO CHEESE is made in various ways. One pound of sour milk is mixed with five pounds of boiled potatoes and a little salt, and the whole beaten to a pulp, which, after standing five or six days, is worked up again, and then dried in the usual way. If the milk is raised to a higher temperature than 97° Fahr., the curd will be hard and tough; if colder, it is soft, and difficult to obtain it free from whey. When the first happens, a portion of the first whey that separates

may be taken out, allowed to cool, and then poured in again. If it proves to have been too cold, add hot milk. The quality of the cheese will always be more or less affected, when either of these expedients are adopted. It is safer to attain the true temperature. Be careful, in warming the milk, that it is not scorched or *fire-fanged*.

The curd should be broken up as soon as the milk is coagulated. The longer it stands after this, the harder and tougher it will be.

The goodness of the cheese depends upon the quality and quantity of the rennet, with the way in which it is made, and also the method of treating the curd. All the whey must be extracted from the curd, and yet the quickest way may not be the best.

The kind of salt used, some people think, affects the taste of the cheese. The coloring matter — as saffron, annatto, the carrot, or marigold, boiled in the milk — is thought by many to affect its quality.

From the same milk, cheeses of different sizes, if treated in the same way, will, at the end of a given number of months, possess qualities in a considerable degree different.

The care with which cheese is salted, the warmth of the place in which it is kept for the first two or three weeks, the temperature and closeness of the cheese room, the frequency of turning, of cleaning from mould, and of rubbing with butter — all these exercise a great influence upon its flavor.

It is said that a cheese possessed of no very striking taste of its own, may be inoculated with any flavor we choose by putting into it a small portion of the cheese we are desirous it should be made to resemble. Of course, this can only apply to cheeses of equal richness.

Cheese is subject to the attacks of both animals and vegetables. A fly deposits its larvæ on the cheese. The cheese mite is also frequently found. Both the blue

and red mould of cheese is composed of minute fungi. Cheese is difficult to be digested, especially by dyspeptics. "By many," says Dr. Dunglison, "cheese is supposed to be an excellent condiment, and, accordingly, it is often systematically taken at the end of a dinner as a *digestive*, in accordance with the old proverb, —

‘Cheese is a surly elf,
Digesting all things but itself.’ ”

MISCELLANEOUS RECIPES.

TO PRESERVE BEEFSTEAKS. Take any quantity of steak, envelop each piece completely in corn meal, and pack it away, with a sufficient quantity of meal between the pieces to prevent their coming immediately in contact. When wanted, remove the meal, and prepare as usual for the table. Steak may be kept, in moderate weather, from a fortnight to three weeks, and in cold, proportionably longer.

PRESERVING FRUITS. Send to your tinsmith, and get a sufficient number of tin canisters, very carefully and tightly made. They should be of uniform size. The shape preferred is seven inches high by five in diameter, uniform cylinders. Select the fairest fruit — peaches, strawberries, tomatoes, or whatever you choose. It should be *just* ripe, but not past the mature stage. Fill the canisters, place the tin lids on their tops, and solder them down very carefully. Only a small hole, the size of a pin, should be left for the air to escape. The next point is to drive out the air from these canisters, to prevent the decay of the fruit. To do this, take a broad boiler pan, with a flat bottom, place the canisters in it, and fill it with boiling water, within about three fourths of an inch of the tops of canisters. The boiler being over a gentle fire, the water must be made to boil; this will

drive the air in each canister through the small hole left in the top, and, in order to know when it is all expelled, you must drop a few drops of water upon this hole; when the bubbles of air cease rising through these drops of water, the air is all expelled, and then you may pass a dry cloth over the hole, and let a drop of solder fall upon it. Or, have a small pointed wedge of wood ready, to fill the hole. While one person puts in the wood, and cuts it off close to the tin, another must have ready sealing wax and light (either candle or lamp) *to seal it over immediately*. This seals the canister hermetically, so that the fruit will remain unchanged for a couple of years, or longer. The immersion of the tins in hot water does not impart the slightest taste of their having been cooked to the fruit. Place the canisters in a cool place. When wanted to use, unsolder the tops with a hot iron, and the fresh fruit is ready.

TEA KETTLES. When the fur (or lime) collects on the inside of a tea kettle, take one quarter pound of Spanish whiting, and put it into the kettle, filled with water. Boil it for an hour, or until the lime can be removed.

CELLARS. The reason, probably, why vegetables of certain kinds, such as carrots, beets, and turnips, rot so soon after being deposited in the bins, is the want of proper care in ventilating the cellars in which they are deposited. The Germans, who are famed for their exemplary domestic economy, are rigidly circumspect in this particular. In all or most of their houses there is a communication maintained between the cellar and the chimney, in order to facilitate the escape of the noxious and stagnant gases engendered by the vegetables and other contents. It is a well-known fact, that the air in cellars, from its rapid deterioration and impregnation by nauseous miasma, soon becomes highly deleterious to health; and to this fact, doubtless, is attributable, in a great measure, the almost

uninterrupted ill health of many families among us, both in town and country.

PRESERVING LARD. Take lard in the leaf, excluding all bloody or lean pieces, then salt it down as you would pork, using about as much salt as for pork. When wanted for use, try out enough to last a few weeks. If lard has become rancid, cut a green apple in two, and fry before putting in the cakes, or whatever you may intend frying — it will restore the sweetness.

TO WHITEN LINEN. Stains occasioned by fruit, iron rust, or other similar causes, may be removed by applying to the parts injured a weak solution of the chloride of lime, or soda, oxalic acid, or salts of lemon, the cloths having previously been well washed in warm water; the parts subjected to this operation should be subsequently well rinsed in soft, clear water, without soap, and then immediately dried in the sun.

HUSK BEDS. No one who has not tried them knows the value of husk beds. Straw and hair mattresses would be less used if these beds were once tried. They are not only more pliable than mattresses, but they are more durable. To have husks nice, they should be split as straw is split for braiding. The finer it is split the softer will be the bed, although it will not probably last as long as when the husk is put in whole. Three barrels full, well stowed in, will fill a good sized tick, that is, after they have been split. The bed will be light, and the husks do not become matted, like feathers.

TO TAKE OUT MILDEW. Wet the cloth, and rub on bar soap and powdered chalk, mixed together. Lay it in the sun.

TO PRESERVE POULTRY IN HOT WEATHER. Wipe the chickens or birds out with a nice, clean cloth; then fill the belly with cut grass, and hang them in a cool place. This is better than putting them on ice.

LIME WATER. Put a piece of lime as big as your fist into a tureen, and pour boiling water over it; when

thoroughly slacked, fill the tureen, and cover it over. Let it stand twenty-four hours, stirring it often. After this, let it settle some hours. Skim off the top very carefully, and dip up the water, not to disturb the settlings, and strain it through flannel. Bottle it, cork it well, and keep it in a cool place; but do not let it freeze.

TO ALLAY GREAT SICKNESS AT THE STOMACH. To one and one half table-spoonful of fine Indian meal pour one pint of boiling water, gradually; add a spoonful of salt. Stir it well. Let it then stand until cold. Dip off a table-spoonful of the liquid, and take every half hour until the sickness abates or goes off.

CAMPHORATED SPIRIT. One ounce of camphor to one pint of alcohol is quite strong; but the alcohol will dissolve more gum if wished.

TO REMOVE THE BLACK DYE left on the skin from wearing mourning in hot weather. One half ounce of cream of tartar; one half ounce of oxalic acid. Mix and pound these together in a mortar. Put some of this mixture in a gallicup, and moisten it slightly with a little water, to prevent it after a while becoming thick and hard, and cover it closely.

TO USE IT. Wet the black stains on your skin all over with water, and then with your finger rub on a little of the mixture. Then *immediately* wash it off with water, and afterwards use soap and water. This mixture will also remove ink stains from the fingers, and from white cloth. Rubbed, with warm water, on the stains of a straw bonnet, *before sent to be cleaned*, and it will effectually obliterate them. *This powder, if swallowed, is a poison.*

LIQUORICE. One ounce of ball liquorice dissolved in a pint of Madeira wine. Cut the liquorice into small pieces; stand it by the fire until dissolved. Shake it, and take a wine glass two or three times a day, for a cold.

COLOGNE. Fifty drops of essence of bergamot;

sixty drops of essence of lemon; forty drops essence of lavender; forty drops essence of juniper; and one pint of the highest proof alcohol.

LIP SALVE. One ounce and one half white wax; two ounces of fresh suet; four great spoonfuls of olive oil; one ounce oil of sweet almonds; one half ounce spermaceti; fifty cents' worth of the otto of roses; two drachms balsam Peru; two drachms of alkanet root; one ounce of finely-powdered white sugar; six raisins, sliced. Simmer these all together ten minutes, and strain through muslin. This is a very fine recipe.

TO MAKE A BARREL OF SOAP. Twenty pounds of grease, after straining; ten pounds of potash; one bucket of water. Put over the fire, and boil. Put it into a barrel; add a bucket of water every day until filled, and stir it well.

RECIPE FOR KEEPING EGGS. To one pint of un-slacked lime add one pint of coarse salt and a pailful of water. Put the eggs in a firkin, with the small end down, and cover them with this mixture. Or, to two quarts of lime, one ounce of cream of tartar, and one ounce of salt, pour two quarts of cold water. I think this last recipe is to be preferred. This quantity will be sufficient for about four or five dozen eggs.

COLD CREAM. Oil of almonds, two ounces; spermaceti, one half an ounce; white wax, two drachms. Mix these together, or beat into them as much rose water as they will take up.

TOOTH WASH. One half pint of brandy; one half pint of rose water; pale Peruvian bark, one ounce; tincture of myrrh, one ounce.

TOOTH POWDER. One ounce pale Peruvian bark; one ounce of pulverized orris root; one half ounce prepared chalk; one quarter ounce of myrrh.

CURE FOR SORE THROAT. Take vinegar and saleratus and mix them in such proportions that neither shall predominate. Put this mixture into a bottle, and keep it from the air. Let the patient take a tea-spoonful once in three hours, or gargle often.

TO RUB FURNITURE. Six or ten cents' worth of alkanet root; six or ten cents' worth of pink root. Put them into a junk bottle nearly full of cold-drawn painter's oil. Shake the bottle frequently for a few days. Afterwards, let it settle, and it is fit for use. Rub it on with flannel, and polish with silk.

TO DISLODGE A FISH-BONE. It sometimes happens that a fish-bone, accidentally swallowed, will remain in the œsophagus, and be troublesome. In fact, death has been occasioned by the great irritation of a fish-bone. In such cases, as soon as possible, take four grains of tartar emetic dissolved in one half pint of warm water, and, immediately after, the whites of six eggs. This will not remain in the stomach more than two or three minutes, and probably the bone will be ejected with the coagulated mass. If tartar emetic is not convenient, a tea-spoonful of mustard dissolved in milk-warm water and swallowed, will answer every purpose of the emetic.

CORN PLASTER. Take of purified ammonia, yellow wax, each two ounces; acetate of copper, six drachms; melt the two first together over the fire, and after removing from the fire, add the verdigris just before it grows cold. Spread the mixture on soft leather, or linen; pare away the corn, and apply the plaster. Keep it on a fortnight, and then renew it.

TO CURE CHILBLAINS. Dissolve one quart of white copperas in a quart of water, and apply it to the parts affected. This should be applied before the chilblains break, or it will do injury.

ANTIDOTE FOR POISON. A dessert-spoonful of made mustard mixed in a tumbler of warm water, and drank immediately. It acts as an instantaneous emetic.

CURE FOR THE STING OF A BEE. Common whiting, moistened with cold water, and applied immediately. It can be washed off in a few minutes, when all pain and swelling will be destroyed.

TO CURE HYDROPHOBIA. Make a strong wash of

two table-spoonfuls of chloride of lime, mixed in half a pint of water, and instantly and repeatedly bathe the part bitten. The poison will be thus decomposed. This wash has proved successful when applied six hours after the animal was bitten.

TO PRESERVE FURS. Sprinkle the boxes or drawers in which they are kept with spirits of turpentine, or place sheets of paper, moistened with it, between the furs, flannels, or pieces of cloth.

POTATOES. If your potatoes are "watery," put into the water, before cooking them, a small piece of lime. This will make them dry and mealy. The lime should be fresh, and, for a family of six, the piece should not exceed the size of an English walnut.

To preserve Vegetables to eat in Winter.

FOR BEANS. Pick them young and tender, and throw into a wooden keg a layer of them three inches deep; then sprinkle them with salt; put another layer of beans, and do the same, until the keg is nearly full. Do not put on too much salt. Lay over them a plate or cover that will go into the keg, and put a weight on it. A pickle will rise from the beans and salt. When to be eaten, cut, soak, and boil them as if they were fresh.

TO PRESERVE CORN. Take the corn when young and tender, and barely full grown. Let it remain on the cob till you have boiled it ten or fifteen minutes (not more) in a large pot of slightly salted water, that must be boiling hard when the corn is put in. When thus parboiled, take it out, and when cool enough to handle, cut the grains from the cob; spread them out in flat, shallow pans, and set them in an oven after the bread and pies are done. Let it remain until well dried. If your oven is heated every day, you may put the corn into it a second time. When dry and cool, put it up in bags, tie it up, and hang it in a cool place. When wanted, soak it over night, and boil it as fresh

corn. It will boil soft, and taste as fresh as when first picked. Add to it some butter, and pepper, and salt. You can mix beans and corn, as in summer season.

TO PRESERVE GREEN PEAS FOR WINTER USE. Shell them, and put them into a kettle of water to boil. After they have just boiled up, pour them into the colander. When drained, turn them out on a cloth, and cover them with another, to dry. You can put them in a warm oven to finish drying, and then put them in bags or bottles. When to be used, soak them an hour in water, and then put them on in cold water and a little salt to boil tender. Serve them as fresh peas.

PARSLEY should be cut close to the stalks; dried in a cool oven it preserves its flavor and color, and is very useful to the cook in winter.

PARCHED CORN COFFEE. Pound parched corn so as to break it, but not very fine; pour boiling water over it, and boil a few minutes. Add sugar and boiled milk. This is excellent for a weak stomach, or for children with teething complaints.

FOR CHILDREN SICK WHILE TEETHING. Tie up in a piece of thick cotton cloth a coffee-cup of wheat flour. Put it into boiling water, and keep it boiling steadily three hours. Take it up, remove the cloth, and lay the lump where it will become dry. To use it, grate it, and thicken two gills of boiling milk with a dessert-spoonful of it wet in cold water. Put a little salt into the milk.

ANOTHER. Take raspberry or strawberry leaves, and boil them in water. Add to this some milk, which sweeten, and allow children whose bowels are disordered to drink freely of it.

CABBAGE LEAVES. If the upper side be applied to a wound, the sore is protected, and quickly heals, while the under side *draws* it, and produces a constant discharge. This should be remembered in the dressing of blisters with cabbage leaves. It is from the pores

in the upper part of the leaf that substances are supposed to be exhaled, while every thing that is inhaled enters by those in the under side. This is illustrated by the action of a cabbage leaf on a wound.

CUCUMBER CATCHUP. For a small quantity, take twelve fine, full-grown cucumbers, and lay them an hour in cold water. Pare them, and grate them into a deep dish. Grate also six small onions, and mix with cucumbers. Season to your taste with pepper, salt, and vinegar, making it of the consistency of rich marmalade. When thoroughly mixed, put it into a jar. Cover it closely from the air. This is very nice to eat with beef and mutton.

TOMATO CATCHUP. Slice the tomatoes, and sprinkle them with salt. If you intend to let them stand until you have gathered several parcels, put in plenty of salt. After you have gathered all, boil them, and strain through a coarse sieve. Slice two good-sized onions to every gallon; add one not very large spoonful of ginger, two of pounded cloves, two of allspice, and one tea-spoon of pepper. Boil twenty minutes after the spices are in. Keep it in a covered jar. This is excellent for soups and stewed beef, and keeps well.

TOMATO CATCHUP. Skin, slice, and boil the tomatoes well; then put to one gallon, not strained, a quarter of an ounce of mace, nutmegs, and cloves, one handful of scraped horse radish, two pods of red pepper, or one spoonful of ground pepper, and salt to your taste. Boil this away to three quarts, and strain, adding a pint of wine and half a pint of vinegar. Bottle it, and leave the bottles open two or three days, as it sometimes ferments a little, and requires scalding. Then cork tightly.

HASTY PUDDING. Have ready boiling four quarts of water with some salt; mix a pint of Indian meal with cold water, and stir into the boiling water. Let this boil, stirring it often to prevent burning. Taste it, and be sure it is salt enough. Let this boil from one

to two hours. If you have any left, fry it for breakfast. Cut it into slices an inch thick, and butter the griddle. It will brown in fifteen minutes to turn. It can be warmed in the stove oven with less fat, and will take about forty minutes.

WELSH RABBIT. Cut half a pound of cheese in slices, quarter of an inch thick. Put a small piece of butter into a spider; when hot, lay in the cheese; melt it slowly, and then add one egg, well beaten, a spoonful of mustard, little pepper; stir it well together, with a large spoonful of wine. Toast and butter some slices of bread; pour a little wine over them, and turn the cheese on, and send to table. This should not be cooked till wanted, and served immediately very hot.

ROASTED CHEESE. Grate three ounces of cheese; mix it with the yolks of two eggs, four ounces of grated bread, three ounces of butter; beat the whole together with a dessert-spoonful of mustard, a little salt and pepper. Toast some slices of bread; lay the paste over them; put them into the oven, covered, until hot through; remove the cover, and brown, if you choose. Serve hot.

CHEESE TOAST. Mix some made mustard, butter, and salt together; spread it on some slices of bread toasted, and grate cheese on them.

SANDWICHES. Spread butter very thinly upon a slice of stale bread, cut very smooth; cut off another slice, but spread it with butter on the under side; without this precaution, the two slices will not fit each other. Take some cold beef or ham, and chop it very fine, and season it with a little mustard and pepper. Sprinkle it thickly over the butter; put the slices together, and press them well. A little salad mixture, stirred in with the beef or ham, is a great improvement. Or, spread on the bread, after it is buttered, a slight coating of "French mustard," omitting the seasoning from the meat.

TO PREVENT IRON AND STEEL FROM RUSTING. Heat the iron or steel till it burns the hand, and then rub it with pure white wax, and polish it with a piece of cloth or leather till it shines well. This simple operation fills the pores of the metal, and defends it completely from rust, even though it should be exposed to moisture.

TO PREVENT LAMP GLASSES FROM CRACKING, by sudden expansion of heat, run the point of a diamond along the base of the tube.

TO TRANSPLANT SHRUBS IN FULL GROWTH. Dig a narrow trench around the plant, leaving its roots in the middle, in an isolated mass of earth. Fill the trench with powdered plaster of Paris, which will harden it in five minutes, and form a case to the ball and plants, which may be lifted and removed at pleasure.

POTATO CHEESE. Boil good white potatoes, and when cold, peel and mash them till not a lump remains. To five pounds thus prepared add a pint and a half of sour milk, and salt to the taste. Work it well, and let it stand covered for two or four days, according to the state of the weather; then work again. Make the cheese any size, and let them dry in the shade. After they are dry, put them into pots or pans, and let them remain a fortnight or more. In this way most excellent cheese may be made, and it can be kept for years without the slightest deterioration, provided it is kept dry.

TO CLEANSE THE INSIDE OF JARS. Fill up the jar with hot water, and then stir in a tea-spoonful or more of soda or saleratus. Whatever there is impure around or about the jar will soon float loose through the water. Empty it, and, if the bad odor remains, fill again with water, adding soda, and let it stand some hours, and then empty it, and rinse with cold water.

TO EXTRACT LAMP OIL FROM A DRESS. If lamp oil is spilled on a dress that will not be injured by wetting, lay it immediately in a small tub of cold water. Part

of the oil will rise to the surface. Pour off this water, adding fresh, and continue to repeat this process until no more oil can be discovered on the surface. Take out the dress, wring it well, and dry and iron it.

TO REMOVE PROUD FLESH. Pulverize loaf sugar very fine, and apply it to the part affected. This is a simple remedy, and is said to remove proud flesh entirely without pain. It has been practised in England for years.

TO PREVENT THE SPREADING OF CONTAGION. Nitrous acid possesses the properties of destroying the contagion of typhus fevers and other malignant disorders. Place a little saltpetre on a saucer, and pour on it as much oil of vitriol as will just cover it. The quantity of gas may be regulated by the ingredients used.

TO PREVENT FLATIRONS FROM STICKING. If the irons are rough or smoky, lay a little fine salt on a flat surface, and rub them well; this will prevent them from sticking to any starched article, and make them smooth.

WALNUTS. When they have been kept until the kernel is dried, soak them eight hours in milk and water. Dry them, and they will be fresh as new.

TO PRESERVE LEMON JUICE. A pint of juice to a pound of powdered loaf sugar. When all melted, bottle close, and keep it in a dry place.

DISSOLVED CHLORIDE OF LIME. One quarter of a pound of the lime. Pour one gallon of water, a little at a time. When dissolved, put it into glass or earthen vessels, and cork it tightly. When to be used, put some in shallow vessels, daily, in every room. For sinks, &c., one pint of dry chloride to seven gallons of water. Throw down a quantity of clear water, then a pailful of this mixture. If this does not answer the purpose in fifteen minutes, repeat the quantity.

TO PURIFY THE AIR. Mix four parts of dry, ground plaster of Paris with one part of fine charcoal, by weight, and strew them around the premises affected

with any unpleasant odor arising from decayed animal matter, and the gases producing the odor will directly be absorbed.

BLACKING. Ivory black, four ounces; one table-spoonful of sweet oil; molasses, one gill; mix these well. Add one and one half pint of good vinegar; one ounce oil vitriol; the juice of one lemon, and one ounce of lavender. Mix it well.

WASHING FLUID. Put three ounces of quick lime into a bucket or tub; pour on two quarts of hot water; let it settle and cool. Strain it through a cloth into a jug. Take a pound of washing soda and pour over it two quarts of boiling hot water. When dissolved, pour it into the jug with the lime water. Shake it well together, and it is fit for use.

WATER-PROOF DRESSING FOR SHOES. Take a piece of India rubber about the size of a walnut; cut it in small pieces, and put it into a phial with four ounces of highly rectified spirits of turpentine. Cork it up for about a fortnight, (more or less, according to the weather,) and shake it every day. When this mixture has come to a consistence about the thickness of treacle, it is fit for use. You may then work it, with a paint brush, into leather, ropes, or what you please. But, when used for the soles of shoes, leather trunks, or any thing that does not require flexibility, you should add to this composition three times the quantity of copal varnish. The most effectual mode of application is to anoint, not only the outside seams, but also the whole inside of the soles. If you want this dressing in a hurry, and an extra expense is no object, you will find that *ether* or *naphtha* will dissolve the India rubber, and dry much quicker than the spirits of turpentine.

NEW PLAN FOR MAKING SHOES WATER PROOF. This recipe is equally applicable to the clod-hopping thick boots of a trumper in wet and dirt, and the delicate French slipper of the ladies. Put between the sole

leathers, and an inch or more up the sides, and over the toes, two thicknesses of oil silk. Let the glazed sides come together, so as to stick fast to each other. This will render shoes water proof, and is an effectual remedy against creaking.

CORNS. To walk with corns, and without torture, get a piece of wash leather, spread with diachylon plaster. Cut, with a large punch, as many rounds as will form sufficient thickness to prevent the boot or shoe from pressing your stocking on the corn, for the reception of which you must punch a small hole through the centre.

TO PRESERVE GUNS FROM SALT WATER. Three ounces of black lead, half a pound of hog's lard, one quarter of an ounce of camphor, boiled upon a slow fire; the gun barrels to be rubbed with this, and, after three days, wiped with a linen cloth. Twice in a winter will be sufficient to keep off the rust.

Mercurial Ointment is said to answer this purpose, and it will give less trouble. If the barrels of guns are stained with the salt water, yellow soap and warm water will restore the color.

TO PRESS SILK. Silk cannot be ironed smoothly, so as to press out all the creases, without first sprinkling it with water, and rolling it up tightly in a towel, letting it rest for an hour or two. If the iron is the least hot, it will injure the color; and it should be tried on an old piece of the same silk. Bright-colored silks or ribbons, such as pinks, blues, yellows, greens, &c., always change color on application of a hot iron. Blacks, browns, olives, grays, look very well after ironing. Silks should always be ironed on the wrong side. Black silks may be washed in cold coffee or tea, to restore them from rustiness. The chemical olive soap injures silks less than any other preparation of soap.

FOR FEVER AND AGUE. One ounce of red Peruvian bark; one half ounce cream of tartar; one table-spoonful of whole cloves. One bottle Sicily Madeira wine.

Let these stand three days, and when taken, to be well shaken. *Dose* — One wine glass full three times a day, between meals, and decreasing as the disorder abates. This is said, by some who have tried it, to be a perfect cure.

GENTLEMEN'S CRAVATS. If the cravats which are imported from India are washed in rum, or rum and water, the colors will not fade at all.

DRYING PEARS. When dried in ovens, this fruit will keep for years. This mode of preserving is common in France. In some cantons of that country, the cultivators annually preserve, by these means, supplies of subsistence extremely agreeable and wholesome during winter and spring. In this mode of drying, those varieties of middle size, melting and sweet, are preferred. After the bread is drawn from the oven, they are placed on the swept hearth, or on hurdles or boards. This operation is repeated a second, a third, and even a fourth time, according to their size and the degree of heat. The heat must not be so great as to scorch, and the fruit must not be dried to hardness. Lastly, they are placed in bags, and preserved in a dry place.

The second mode of preserving is practised on the finest-flavored varieties. They are gathered a little before their maturity, and, after being parboiled in a small quantity of water, they are peeled and drained. They are next carried on hurdles to the oven, after the bread is drawn, or the oven is heated to a suitable degree. Here they remain twelve hours, after which they are steeped in the sirup, to which have been added sugar, cinnamon, cloves, and brandy. They are again returned to the oven, which is now heated to a less degree than at first. This operation is thrice repeated, until they are sufficiently dried, or of a clear brown color, and firm, transparent flesh; and, finally, they are packed in boxes lined with paper.

OF DIET.

The term *assimilation*, as used, in its most general sense, by Dr. Prout, has been applied to those processes by which alimentary substances are converted into the organized tissues of the body : *primary* assimilation comprises those concerned in the conversion of food into blood ; *secondary* assimilation, those by which organized or living textures are formed from the blood, and afterwards redissolved and removed from the system.

Digestion is one of the primary assimilating processes. It comprehends those changes affected on the food in the stomach and intestines, and is partly a mechanical, but principally a chemical process. By digestion, starch is converted into gum and sugar ; oily or fatty matters are minutely subdivided, not dissolved ; other substances (as fibrine, albumen, caseine, and gluten) are dissolved or liquefied in the stomach. All these processes have been imitated, out of the body, by physicians to determine many facts.

The formation or secretion of the matters necessary to produce the requisite chemical changes in the food, so far as at present known, is a result produced solely by the vital principle. Saccharine matter, oily or fatty substances, and the finely-divided and dissolved matters, are absorbed.

Two substances are required (an acid and a matter called pepsine by chemists) to dissolve all compounds. The first softens these bodies, and causes them to swell ; the second perfects the dissolving or melting process.

The necessity of certain agents in the stomach to effect the solution or liquefaction of the food is obvious ; and, if it is admitted that these are formed by the vital powers, it can be readily comprehended how, in certain morbid conditions of the body, the digestive agents are altered in their nature, and the natural and

healthy process of digestion thereby deranged. The digestibility of food is effected by two classes of circumstances, the one relating to the foods themselves, the other to those constituting the state of the individual.

Some foods, as oily or fatty substances, are more difficult to digest than others. There is, however, one form of impaired digestion, says Dr. Combe, in which the fat of bacon is digested with perfect ease, where many other apparently more appropriate articles of food oppress the stomach for hours. Some cases of cholera infantum have been thus treated, where every thing would be rejected from the stomach, except salt pork or fat bacon, rare broiled, and given in small quantities at a time. Many cases have recovered under such treatment, where farinaceous foods could not be retained, or, if retained, passed through the alimentary canal undigested. Vegetables are slower of digestion than meats and farinaceous substances, though they sometimes pass out of the stomach before them in an undigested state.

Tenderness of fibre facilitates the digestive process; and therefore all circumstances which affect the texture of flesh have an influence over its digestibility. Incipient decomposition promotes the tenderness and digestibility of food. Most people are aware that fresh-killed meat is tougher than that which has been kept some time. The flesh of young animals is more tender and soluble than that of the full-grown animal; yet the latter is more digestible.

It might be supposed that liquids would be more digestible than solid foods. Dr Beaumont says, "Solid food is sooner disposed of by the stomach than fluid, and its nutritive principles are sooner carried into circulation." Still, exhaustion from abstinence is quicker removed by liquid than solid aliment. Minuteness of division of solids is an important aid to digestion. Potatoes, when cooked so that they fall in pieces, are

more easily digested than when cooked a shorter time, so as to retain their form; and, for the same reason, mealy potatoes are more healthy than waxy ones. Perfect mastication, by effecting the division of food, is an important aid to digestion; and this fact cannot be too strongly urged on the strong, healthy man, and on the pining, miserable dyspeptic. If the food is imperfectly chewed, and hastily swallowed, greater difficulty is experienced in the subsequent operation of digestion. The process of insalivation, as effecting foods, should not be overlooked. When food has been thoroughly intermixed with the saliva of the mouth, it is more readily operated upon by the gastric juice. If dry food be hastily swallowed, without being thus mixed, we instinctively desire drink, to moisten the mass.

The state of body and mind; constitutional peculiarities; habits; the interval that has elapsed since the preceding meal; the keenness of the appetite; the amount of exercise taken either immediately before or after eating; and the quantity swallowed at one meal, are some of the circumstances relating to the individual, which affect digestion. Violent anger, for instance, disturbs this process; and, in some diseases, accompanied with thirst, dryness of mouth, &c., very little or no gastric juice is secreted. Under such circumstances, food should not be taken; if it be, no nourishment can be obtained from it, while its presence in the stomach is a source of irritation. Considerable difference of opinion exists regarding the influence of repose after eating. Some say exercise promotes digestion; others, again, say it retards it; and both parties appeal to experience in proof of their opinion. After a plentiful repast, all will agree in admitting that the functions of the body are more or less impaired; sluggishness is brought on, and a tendency to repose experienced. These effects are universal in the animal kingdom. We feel them ourselves, we see them in our fellow-

men, and we notice them in the inferior animals. The dog, after satisfying his natural appetite, lies down and sleeps; and the boa lies torpid for months, after gorging himself with a goat. These facts are satisfactory proofs to some minds that repose is natural after a hearty meal; and the practice of taking a siesta, or after-dinner nap, is not injurious, if moderately indulged in. The old distich may be considered as reasonable advice:—

“ After dinner, rest a while;
After supper, walk a mile.”

“ A diet wholesome in kind, but spare in measure, is essential to the preservation of health among all classes of men. This position, which is so true in itself, is the result of a dissection of man’s physical constitution; but true as it may be in principle, and important as it is in its practical consequences, that form of economy which inculcates the spare measure of diet has the semblance of poverty; and poverty, though often the best friend of man, is viewed with abhorrence by almost all the human race, more especially the Anglo-Saxons. *Economy*, or the *proper* measure of means to ends, preserves the balance, maintains effective action, and insures prosperity in times and trials of difficulty. Its value is great; but it is not well understood or appreciated; and it cannot be seen by those who consider excess the object and end of their being. A full habit is vulgarly supposed to constitute animal power; and, as a rich diet makes the habit, so high living is, by inference, considered the direct means of attaining high bodily strength.”

“ The Spartans were abstemious; they were restricted to a diet which the soldiers of the present day would consider coarse and stinted; yet the Spartans were conspicuous for physical strength, and they were, morally, the most resolute military that ever appeared in war. The Swiss occupied a high station among

military nations in the days of their glory; yet the Swiss, while brave in the field, and virtuous in the domestic circle, were homely and frugal in the manner of living. The Highlanders of Scotland have some claim to be ranked with the Swiss and Spartans. Their virtues are known in war; their fare was coarse in the days of their heroism, and even now it is homely. Animal food rarely fell to the lot of the Scotch peasant, Highland or Lowland, till within these few years; yet the Scot was always a good soldier, ardent in courage, and powerful in the close conflict of battle. The Irish peasant is little inferior in physical force to the peasant of England. He is, moreover, spirited and bold as a soldier, and not wanting in energy where his powers are suitably animated and judiciously directed; yet the food of the Irish peasant consists, at best, of potatoes and buttermilk. The fishermen on the coast of Spain, and on the shores of the Mediterranean, live frugally. They subsist on the simplest food. They are, notwithstanding, strong and sinewy, insomuch that the highest-fed boat's crew in the English navy does not equal a boat's crew of Biscayen fishermen, or of Turkish watermen, either in power or endurance at the oar. Those persons who have made the experiment in their own persons assert that endurance of toil, similar to military toil, is better supported under a diet that is light in kind, and of a rather scanty measure, than under full meals of rich and solid food." — *Jackson's Formation, Discipline, and Economy of Armies.*

OF THE TIME OF EATING.

Dr. Combe, in his volume on Digestion and Dietetics, observes, that "the grand rule in fixing the number and period of our meals is to proportion them to the real wants of the system, as modified by age, sex, health, and manner of life, and as indicated by the true returns of appetite."

The time required for the digestion of the food by the healthy stomach varies from one to three or four hours. If fresh food be taken before that of the previous meal has been digested, the process of digestion is disturbed.

A variety of circumstances affect the length of the interval that should be allowed between each meal. On account of the greater activity of the organs of respiration, children require to be more frequently fed than adults; and they bear hunger less easily. For the same reason, those who exercise much, or labor hard, require more frequent and heartier meals than the indolent and sedentary. It is not doubted that the having fixed periods for eating is more conducive to health than eating at irregular intervals. These periods must vary, however, for different classes of individuals. Three meals only, for adults, are essential to health, though five are in frequent use.

Breakfast. "It is well known," says Dr. Combe, "that the system is more susceptible of infection, and of the influence of cold and miasma, in the morning, before eating, than at any other time; and hence it has become a duty with naval and military commanders, especially in bad climates, always to give their men breakfast before exposing them to morning dews and other noxious influences."

Much exercise, for those who have delicate constitutions, — either of body or mind, — before breakfast, operates injuriously; producing exhaustion, languor, and unfitness for the ordinary occupations of the day.

Most people, therefore, are benefited by breakfasting soon after rising. There are, doubtless, some few exceptions. "To children, especially, who require plenty of sustenance," says Dr. Combe, "and are often obliged to rise early, an early breakfast is indispensable. For travellers, a light breakfast is a great protection against colds, and fatigue, or exhaustion."

The occupation of the individual and the quantity

of food taken at breakfast affect the length of the interval between breakfast and dinner. Five hours is a very good general rule for adults; of course there are exceptions to this.

“As a people, we, in the United States, eat far too much hearty food; we take in more rich nutriment than we require; and the consequence is, our system becomes overloaded, and the proneness to derangement and diseased action is greatly increased.”

Observation and experiment have fully proved the absolute necessity of considerable variety of food, for the preservation of health and life. The body is made up of many principles, differing the one from the other in composition and chemical properties; and, of course, textures which are chemically different require different aliments.

In children, the function of nutrition is more active than in adults. They have not merely to repair the daily waste, but also to grow. Their circulation and respiration are more active than in after life, and they require food at shorter intervals.

Children, for the most part, show an almost instinctive fondness for sugar, which is supplied to them in their mother's milk. The natural appetite is, perhaps, an index of the wants of the system, and ought, therefore, to be consulted, to a certain extent, in the dieting of children.

“Arrowroot, tapioca, sago, sugar, butter, are elements to support respiration, and, if used in greater quantity than is necessary for combustion in the lungs, they contribute to the increase of fat; but they do not contain the ingredients necessary for the growth of bone, cartilage, muscle, &c. The caseine or curd of milk is supplied by nature for this purpose.” Children may be over fed or under fed. Instances of the former are comparatively rare. Of the ill consequences of defective nutriment, we have, unfortunately, too many instances.

As regards the nutritive qualities of different foods, I will extract the conclusions which Magendie drew up in the name of the commission appointed to report to the Academy of Sciences in Paris.

1. "We cannot, by any known proceeding, extract from bones an aliment which, either alone or mixed with other substances, can be substituted for meat.

2. "Gelatine, albumen, and fibrine, taken separately, nourish animals for a very limited period only, and in an incomplete manner. In general, they soon excite such an insurmountable disgust that animals die rather than partake of them.

3. "The above elementary principles, artificially reunited and rendered agreeably savory by seasoning, are eaten more readily and for a longer period than the same substances singly; but their ultimate influence on nutrition is no better; for animals that take them, even in considerable quantities, die, finally, with all the symptoms of complete inanition.

4. "Muscular flesh, in which gelatine, albumen, and fibrine are united, according to the laws of organic nature, and where they are associated with other matters, as fats, salts, &c., suffices, even in small quantities, for complete and prolonged nutrition.

5. "Raw bones have the same effect; but the quantity consumed in twenty-four hours ought not to be much greater than in the case of meat.

6. "Every kind of preparation, such as decoction with water, the action of hydrochloric acid, (muriatic acid,) and especially the transformation into gelatine, diminishes, and, in some cases, seems to destroy, the nutritive quality of bones.

7. "Gluten, from wheat or maize, is sufficient for complete and prolonged nutrition.

8. "Fat, taken alone, sustains life during some time, but the nutrition is imperfect and disordered."

I will here add Dr. Beaumont's table, showing the mean time of digestion of various articles of food, as

ascertained by experiment. Still, it should be remembered that "the rapidity of digestion varies according to the quantity eaten, the amount and nature of the previous exercise, the interval of the preceding meal, the state of health and of the weather, and also the state of the mind."

<i>Articles of Diet.</i>	<i>Preparation.</i>	<i>Hours and Minutes.</i>
Rice,	Boiled,	1
Pigs' feet, soused,	"	1
Tripe, "	"	1
Eggs, whipped,	Raw,	1.30
Trout, salmon,	Boiled or fried,	1.30
Apples, sweet, mellow,	Raw,	1.30
Venison, steak,	Broiled,	1.35
Sago,	Boiled,	1.45
Tapioca,	"	2
Milk,	"	2
Liver, beef's, fresh,	Broiled,	2
Eggs, fresh,	Raw,	2
Codfish, cured dry,	Boiled,	2
Apples, sour, mellow,	Raw,	2
Cabbage, with vinegar,	"	2
Milk,	"	2.15
Eggs, fresh,	Roasted,	2.15
Turkey, wild,	"	2.18
Turkey, domestic,	Boiled,	2.25
" "	Roasted,	2.30
Goose, wild,	"	2.30
Pig, sucking,	"	2.30
Lamb, fresh,	Broiled,	2.30
Hash, meat, and vegetables,	Warmed,	2.30
Beans, pod,	Boiled,	2.30
Sponge cake,	Baked,	2.30
Parsnips,	Boiled,	2.30
Potatoes, fresh,	Roasted or baked,	2.30
Chicken,	Fricasseed,	2.45
Custard,	Baked,	2.45
Oysters, fresh,	Raw,	2.55
Eggs, fresh,	Soft-boiled,	3
Beef, fresh, lean, rare,	Roasted,	3
Beefsteaks,	Broiled,	3
Pork, recently salted,	Raw,	3
" " "	Stewed,	3
Mutton, fresh,	Broiled,	3

<i>Articles of Diet.</i>	<i>Preparation.</i>	<i>Hours and Minutes.</i>
Mutton, fresh,	Boiled,	3
Dumpling, apple,	"	3
Cake, corn,	Baked,	3
Oysters,	Roasted,	3.15
Porksteaks,	Broiled,	3.15
Mutton, fresh,	Roasted,	3.15
Bread, corn,	Baked,	3.15
Carrot,	Boiled,	3.15
Sausages, fresh,	Broiled,	3.20
Oysters,	Stewed,	3.30
Beef, fresh, lean,	Roasted,	3.30
Beef, salted,	Boiled,	3.30
Butter,	Melted,	3.30
Cheese, old, strong,	Raw,	3.30
Soup, mutton, and oyster,	Boiled,	3.30
Bread, wheat, fresh,	Baked,	3.30
Potatoes, fresh,	Boiled,	3.30
Eggs, fresh,	Hard-boiled or fried,	3.30
Green corn and beans,	Boiled,	3.45
Beets,	"	3.45
Veal, fresh,	Broiled,	4
Fowls, domestic,	Boiled,	4
Fowls, ducks,	Roasted,	4
Soup, beef, vegetables, and bread,	Boiled,	4
Veal, fresh,	Fried,	4.30
Ducks, wild,	Roasted,	4.30
Pork, fat and lean,	"	5.15

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